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# FOOD FOR FIFTY



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Second Edition

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## FOREWORD TO THE SECOND EDITION

During the four years since the initial publication of *Food for Fifty*, it has been widely accepted as an aid to instruction in large quantity cookery classes. Its services have also been in demand by home economics teachers called upon to assume the responsibility of special community meals and school lunches by dietitians in hospitals, residence halls and related food services by those in charge of fraternity and sorority dining rooms and by managers of commercial food services.

In this revision the purpose of the book, as stated in the original foreword, remains unchanged, namely, to provide a limited number of carefully tested institutional formulae for use in food services and in institutional cookery classes. The organization of subject matter likewise remains unchanged. However, under this organization amplification of subject matter and recipes has been made, adding to the value and effectiveness of the book.

Indebtedness incurred in the initial preparation of the manuscript was duly acknowledged in the first edition. At this time we wish to express appreciation of the continued generous and able assistance of staffs of the Departments of Food Economics and Nutrition and Institutional Management, Kansas State College, which has facilitated greatly the preparation of this revision.

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MANHATTAN, KANSAS  
*April, 1941*



## FOREWORD TO THE FIRST EDITION

Every director of an institutional food service, regardless of how large or how small has felt the need for an adequate manual in institutional cookery. The problems involved in institutional food service and the quantities in which food must be prepared make the familiar and reliable household recipes of little value. The pressure of duties often, if not usually, prevents the food director from undertaking that experimentation necessary to the translation of such recipes into institutional formulae, thus limiting variety in the menus to those dishes for which quantity recipes are at hand. If instruction in quantity food preparation is also her responsibility, the problem is doubly complicated inasmuch as the time of both teacher and student is too valuable to be wasted in dictating or copying recipes or in searching for those distributed in an impermanent form. The only satisfactory basis for laboratory instruction in this field seems to the authors to be the provision of institutional formulae in permanent form.

It is the purpose of this book to provide a limited number of carefully tested institutional formulae for use in food services and in institutional cookery classes. The book is planned primarily to supplement the textbook *Food Service in Institutions*, to be published by John Wiley and Sons, Inc. However, the authors hope that it may also meet the needs of those actively engaged in food services other than in colleges.

These recipes have been carefully tested under usual institutional conditions, having been used with satisfaction in such food services as residence halls for men and women students, high school cafeterias, college cafeterias, and state institutions.

In addition to the food formulae suggestions are given concerning meal planning and services including special occasions. There is also given in detail a table of equivalent weights and measures of common foods and a list of amounts of various foods to serve fifty persons.

Acknowledgment is made of our indebtedness to all those whose

## FOREWORD

work and publications have facilitated indirectly the preparation of this manuscript. Their names are too numerous to cite. Special acknowledgment is due the Committee on Foreign Foods of the Social Club of Kansas State College for their assistance in the collection of foreign recipes.

It is a pleasure to express our thanks to Dean Margaret Justin to our colleagues, to both students and graduates at Kansas State College who have been generous in their interest and help, and to co-workers in the institutional field who have given liberally from the wealth of their experience both information and courage for the task. To these our efforts are dedicated.

Permission has been obtained from Simon and Schuster, Inc., Publishers, to quote from *The Clean Platter* by Ogden Nash, from Harcourt, Brace and Co., to quote from *Food and Drink* by Louis Untermeyer, from Covici Friede Publishers, to quote from the *Cheerful Cherub* by Rebecca McCann, and from the Macmillan Co., to quote from *Borderlands and Thorofares* by W. W. Gibson.

Sina Faye Fowler  
Bessie Brooks West

Manhattan, Kansas  
May, 1937

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# Food for Fifty

## PART I

TABLE OF WEIGHTS MEASURES AND THEIR ABBREVIATIONS

ABBREVIATIONS		EQUIVALENT	
f g	Few Grains		
t	Teaspoon	3 t	equals 1 T
T	Tablespoon	16 T	1 c
c	Cup	2 c	1 pt
pt	Pint	2 pt	1 qt
qt	Quart	4 qt	1 gal
pk	Peck		
bu	Bushel	4 pk	1 bu
gm	Gram		
oz	Ounce	28 35 gm	1 oz
lb	Pound	16 oz	1 lb or 453 6 gm
kg	Kilogram	2 2 lb	1 kg

CONTENT OF COMMON SIZES OF CANS USED FOR FOOD PRODUCTS

CANS	AVERAGE NET WEIGHT	AVERAGE CUPFULS
8 Z	8 oz	1
Picnic (No 1 Eastern)	11 oz	1 3/4
No 1 Tall	16 oz	2
No 300	15 oz	1 3/4
No 2	20 oz	2 3/4
No 2 1/2	28 oz	3 1/2
No 3	33 oz	4
No 10	6 lb 10 oz	13

NOTE Many products are now marketed in cans not of a common size their content being determined by weight only The weight of the same food in cans of equal size will vary with the pack in different canneries

## APPROXIMATE EQUIVALENTS

## THICKENING AGENTS

- 1 oz flour is equivalent to  $3\frac{1}{2}$  whole eggs
- 1 oz flour is equivalent to 7 egg yolks
- 1 oz flour is equivalent to  $1\frac{1}{3}$  oz minute tapioca
- 1 oz flour is equivalent to  $\frac{3}{4}$  oz bread crumbs

## SHORTENING AGENTS

- 1 lb butter is equivalent to 1 lb margarine
- 1 lb butter is equivalent to  $\frac{4}{5}$  lb hydrogenated shortening
- 1 lb butter is equivalent to  $\frac{4}{5}$  lb lard
- 1 lb butter is equivalent to  $\frac{4}{5}$  lb oils
- 1 lb butter is equivalent to  $\frac{7}{8}$  lb chicken fat
- 1 c butter is equivalent to  $2\frac{1}{2}$  c 40% cream
- 1 c butter is equivalent to 5 c 20% cream

## LEAVENING AGENTS

- $\frac{1}{2}$  t soda is equivalent to 2 t baking powder
- $\frac{3}{4}$  t baking powder is equivalent to 1 egg white

## MILK AND CREAM

- 1 c milk is equivalent to  $\frac{7}{8}$  c water
- 1 c milk is equivalent to  $\frac{3}{4}$  c dried whole milk + 1 c water
- 1 c milk is equivalent to  $\frac{1}{2}$  c evaporated milk +  $\frac{1}{2}$  c water
- 1 c coffee cream is equivalent to  $\frac{4}{5}$  c milk +  $\frac{1}{5}$  c fat
- 1 c heavy cream is equivalent to  $\frac{3}{5}$  c milk +  $\frac{2}{5}$  c fat

## CHOCOLATE AND COCOA

- 1 oz chocolate is equivalent to 3 T cocoa + 1 T fat

**NOTE** If sweet milk is substituted for sour (no chocolate or molasses in recipe) multiply amount of soda called for in recipe by 4 and add this amount of baking powder to the baking powder in original recipe. Omit soda

## PROPORTIONS

## BEVERAGES

- 1 lb coffee to 2<sup>1</sup>/<sub>2</sub> to 3 gal water
- 3 oz tea to 2<sup>1</sup>/<sub>2</sub> to 3 gal water
- 8 to 10 oz cocoa to 2<sup>1</sup>/<sub>2</sub> to 3 gal liquid

## SEASONINGS

- 1 to 2 t salt to 1 lb flour
- 1<sup>1</sup>/<sub>4</sub> t salt to 1 lb meat
- 2 t salt to 1 qt water (cereal)

## LEAVENING AGENTS

- 2 to 2<sup>1</sup>/<sub>3</sub> T tartrate or phosphate (quick acting baking powder) to 1 lb flour
- 1<sup>1</sup>/<sub>2</sub> to 2 T slow acting (S A S or combination) to 1 lb flour
- 2 t soda to 1 qt sour milk or molasses
- 1<sup>1</sup>/<sub>2</sub> to 1 compressed yeast cake to 1 lb flour (varies with ingredients and time allowed)

## THICKENING AGENTS

*Egg*

- 4 to 8 eggs to 1 qt milk
- 8 to 12 egg yolks to 1 qt milk
- 8 to 12 egg whites to 1 qt milk

*Flour*

- 1 oz flour to 1 qt liquid—very thin sauce (cream soups starchy vegetables)
- 2 oz flour to 1 qt liquid—thin sauce (cream soups non starchy vegetables)
- 2<sup>1</sup>/<sub>3</sub> oz flour to 1 qt liquid—medium sauce (creamed dishes gravy)
- 3 oz flour to 1 qt liquid—thick sauce (souffles)
- 4 to 5 oz flour to 1 qt liquid—very thick sauce (croquettes)
- 1 lb flour to 1 qt liquid—pour batter (popovers)
- 2 lb flour to 1 qt liquid—drop batter (cake muffins)
- 3 lb flour to 1 qt liquid—soft dough (biscuit rolls)
- 4 lb flour to 1 qt liquid—stiff dough (pastry cookies, noodles)

*Gelatin*

- 2 T to 1 qt liquid—plain jellies (gelatin and fruit juices)
- 2 T to 1 qt liquid—whips (gelatin and fruit juices whipped)
- 3 T to 1 qt liquid—fruit jellies (gelatin fruit juices and chopped fruit)
- 3 T to 1 qt liquid—vegetable jellies (gelatin and liquid and chopped vegetables)
- 3 T to 1 qt liquid—sponges (gelatin and fruit juices and beaten egg whites)
- 4 T to 1 qt liquid—Bavarian Cream (gelatin and fruit juice and fruit pulp and whipped cream)

## VOLUMETRIC MILK CONVERSION TABLE\*

## SKIM MILK

<i>To Replace</i>	<i>Use</i>
1 gal liquid skim milk	$\left\{ \begin{array}{l} \frac{3}{4} \text{ lb dry skim milk} \\ 7\frac{3}{4} \text{ pt water} \end{array} \right.$
1 lb liquid skim milk	$\left\{ \begin{array}{l} 1\frac{1}{2} \text{ oz dry skim milk} \\ 14\frac{1}{2} \text{ oz water} \end{array} \right.$
1 lb evaporated skim milk unsweetened condensed (Government Standard)	$\left\{ \begin{array}{l} 3\frac{1}{4} \text{ oz dry skim milk} \\ 12\frac{3}{4} \text{ oz water} \end{array} \right.$
1 lb sweetened condensed skim milk (Government Standard)	$\left\{ \begin{array}{l} 4 \text{ oz dry skim milk} \\ 7 \text{ oz sugar} \\ 5 \text{ oz water} \end{array} \right.$

## WHOLE MILK

<i>To Replace</i>	<i>Use</i>
1 gal liquid whole milk	$\left\{ \begin{array}{l} 1 \text{ lb dry whole milk} \\ 7\frac{1}{2} \text{ pt water} \end{array} \right.$
1 lb liquid whole milk	$\left\{ \begin{array}{l} 1 \text{ oz dry whole milk} \\ 14 \text{ oz water} \end{array} \right.$
1 lb sweetened condensed whole milk (Government Standard)	$\left\{ \begin{array}{l} 4\frac{1}{2} \text{ oz dry whole milk} \\ 6\frac{1}{2} \text{ oz sugar} \\ 5 \text{ oz water} \end{array} \right.$

\* Courtesy of Borden's

# TABLE OF EQUIVALENTS

## BUYERS GUIDE AND COOKING TIME

PRODUCT	DESCRIPTION	SIZES	BRODSKY COOKING TIME		FRESH EQUIVALENTS	NUMBER PER PORTIONS*
			REGULAR	PRESERVED STRAIGHT		
<b>Vegetables</b>						
Asp Tips	5 Select—A 155 tips	40 oz	14 m n	10 m n	3 bunches	16-20
Asp Tips	5 Medium—A 100 tips	40 oz	14 m n	10 m n	3 bunches	16-20
Asp Tips	5 Jumbo—A 60 tips	40 oz	14 m n	10 m n	3 bunches	16-20
Asp Cuts	All green	40 oz	14 m n	10 m n		*
Asp Cuts	All green	5 oz				*
Broccoli	Tender green	40 oz	18 m n	20 m n	3 bunches	16-20
Broccoli	Tender green (B.C.)	40 oz	18 m n	20 m n	3 bunches	16-20
Brussels Sprouts	Close trimmed	40 oz	8 m n	10 m n	3 qt	16-20
Cauliflower	Trimmed flowers only	40 oz	10 m n	12 m n	4 heads	16-20
Corn-on-Cob	Full ears Golden Bantam	2 ears	3 m n	3 m n	3 ears	2
Cut Corn	Whole kernel—G Bantam	40 oz	5 m n	11 m n	10 ears	20-24
Cut Corn	Whole kernel—C Cent	40 oz	5 m n	11 m n	10 ears	20-24
Green Beans	1 2" cut	40 oz	16 m n	18 m n	3 lb	20-24
Green Beans	1 2" cut	5 lb			6 lb	40-48
Green Beans	French style cut	40 oz	16 m n	18 m n	3 lb	20-24
Green Beans	Asparagus style 1 pole	40 oz	16 m n	18 min	3 lb	20-24
Green Beans	1 cut	5 lb			6 lb	40-48
Wax Beans	1 2" cut	40 oz	16 m n	18 m n	3 lb	20-24
Lima Beans	Baby green	40 oz	20 m n	25 m n	3 bu	20-24
Lima Beans	Baby green	5 lb			2 3/4 bu	40-48
Lima Beans	Garden run	40 oz	20 m n	25 m n	3 bu	20-24
Lima Beans	Garden run	5 lb			2 3/4 bu	40-48
Lima Beans	Fo di look	40 oz				20-24
Lima Beans	White	5 lb			2 3/4 bu	40-48
Peas	Shelled green	40 oz	12 m n	25 m n	3 bu	20-24
Peas	Shelled green	5 lb			2 3/4 bu	40-48
Peas	Shelled green (B.C.)	5 lb			2 3/4 bu	40-48
Peas and Carrots	Carrots diced	5 lb				40-48
Spinach	No sand or stalks	40 oz	12 m n	20 m n	3 bu	16-20
Squash	Cooked or pureed	40 oz	7 m n	10 m n		5
<b>Fruits and Berries</b>						
Blueberries	Fancy selected	40 oz				20-24
Peaches	Sliced sugared	40 oz				16-20
Peaches	Sliced sugared	10 lb				64-80
Raspberries	Full ripe—whole—no sugar	40 oz				16-20
Rhubarb	1 cut—strawberry variety	40 oz				16-20
Strawberries	Sliced sugared	40 oz				20-24
Strawberries	Sliced sugared	10 lb				90-96
Strawberries	Selected—whole—no sugar	10 oz				For topping

Cookery Food Sales Corporation

\* Servings vary depending upon use of product

## PECONSTRUCTED DRIED SKIM MILK

AMOUNT		INGREDIENT	METHOD
1 gal	12 oz	Dried skim milk powder Water	Put water in bowl of electric mixer. Turn to low speed, sprinkle milk powder slowly on water and continue to mix at low speed until milk powder is completely mixed.

NOTE Use as skim milk

**DRIED AND FROZEN EGGS**  
**TABLE OF WEIGHTS AND THEIR EQUIVALENTS**  
**IN MEASURE**

DRIED EGGS			FROZEN EGGS	
Number of Eggs	Weight of Fresh Eggs	Dried Weight	Number of Eggs Fresh or Frozen	Liquid
39 (whole)	pound $3\frac{1}{8}$	pound 1	9 to 11 (whole)	pound or pint 1
70 (whites)	7	1	17 to 20 (whites)	1
48 (yolks)	2	1	19 to 22 (yolks)	1





# FOOD FOR FIFTY APPROXIMATE OR AVERAGE WEIGHTS OF VARIOUS COMMODITIES (continued)

COMMODITY	UNIT	NET WEIGHT IN POUNDS
Lard	Tierce	375
Lemons, California	Box	76
Lentils	Bu	60
Lettuce western	Crate	75
Onions dry	Bu	54
Oranges, California	Box	70
Oranges, Florida	Bu	90
Parsnips	Box	50
Peaches fresh	Bu	48
Peaches western	Box	20
Peanuts unshelled	Bu	22 to
Pears fresh	Box	50
Pears western	Bu	46
Pears, western	Bu	22
Peas, dry	Box	60
Peas, fresh, unshelled	Crate (4½x16x16½ in.)	30
Peppers	Bu	25
Pineapples	Bu	70
Plums, fresh	Bu	56
Plums N W suitcase	Crate	16
Plums, western	Bu	20
Potatoes Irish	Box	60
Prunes fresh	Box	56
Prunes N W suitcase	Bu	16
Prunes western	Bu	20
Quinces	Box	60
Raspberries	Box	56
Rutabagas	Box	16
Soy beans	Bu	20
Spinach	24-qt Crate	48
Strawberries	Bu	36
Sweet potatoes	Bu	56
Tangerines Florida	Bu	60
Tomatoes	24-qt Crate	18
Tomatoes	Bu (usual wt when harvested)	36
Turnips	½ Strap	55
	Bu	40
	Lug box	53
	Bu	31
		54

\* Adapted from Approximate or Average Weights of Various Commodities U S  
Dept Agr Bureau of Agr Econ Jan 1935 revised list

MENU TERMS<sup>1</sup>

- À la À le** (ah lah ah luh) Fr To the with in the mode or fashion of or in  
**À la Crème** with cream **À la Newburg** Newburg fashion **À la Moutarde**  
 in mustard
- À la Carte** On the bill of fare prepared as ordered
- A la King** Served in cream sauce containing green pepper pimiento and mushrooms
- A la Mode** In America when applied to desserts means with ice cream
- Allemande** (al mingd) Fr Ger A smooth yellow sauce consisting of white sauce  
 with the addition of butter egg yolk catsup etc
- Anglaise** (ang glayz) Fr Eng **À la Anglaise** in English style
- Antipasti** (an tee pas tee) It Appetizer a course consisting of relishes
- Au** (o) Fr Contraction of à le or à la to the
- Bardé** (bar day) Fr Larded Covered with salt pork or with slices of bacon Un  
**Poulet Bardé de Lard** = pullet larded with bacon
- Bar Le Duc** (bar luh duk) Fr A preserve originally made of selected whole white  
 currants seeded by hand with the aid of knitting needles Now gooseberries straw  
 berries etc may be used It frequently forms a part of the cheese course
- Bavarian** A gelatin dish into which whipped cream is folded as it begins to stiffen
- Bavarois** (bay ar waz) Fr Bavarian
- Béchamel** (bay sham ayl) Fr Refers to a sauce supposed to have originated with the  
 Marquis de Béchamel Maître d'hotel of Louis XIV A cream sauce made of chicken  
 stock, cream or milk and usually seasoned with onion Sometimes applied to all  
 sauces having a white sauce foundation
- Beef à la Mode** (bee ah lah mod) Eng Fr A well larded piece of beef cooked  
 slowly in water with vegetables Similar to braised beef
- Bellevue** (bel vu) Fr A pleasing sight in aspic **À la Bellevue** a food enclosed  
 in aspic through which it can be plainly seen
- Benedictine** (bay nay dik tang) Fr A religious sect a liqueur made principally  
 at the Abbey of Fecamp in Europe Eggs **à la Benedictine** poached eggs served on  
 broiled ham placed on split toasted muffins and garnished with Hollandaise sauce
- Beurre** (buhr) Fr Butter **Au Beurre Noir** with butter sauce browned in a pan  
**Beurre Fondue** melted butter
- Beurre** (buhr ay) Fr Buttered
- Biscotte** (bis kot) Fr Rusk biscuit
- Bisque** (bisk) Fr A thick soup usually made from fish or shell fish Also a frozen  
 dessert Sometimes defined as ice cream to which finely chopped nuts are added
- Blanquette** (blang ket) Fr A meat stew with white sauce
- Bleu** (bluh) Fr Blue **Au Bleu** plain boiled used with reference to fresh water  
 fish
- Boeuf** (buhf) Fr Beef **Boeuf à la Jardinière** braised beef with vegetables **Boeuf**  
**Rôti** roast beef
- Bombe** (bongh) Fr Also called bombe glacée A frozen dessert made of a com-  
 bination of two or more frozen mixtures packed in a round or melon shaped mold
- Bonne Femme** (bong fam) Fr Good wife in simple home style Applied to soups  
 stews etc
- Bordelaise** (bord lee) Fr Of Bordeaux **Sauce Bordelaise** a sauce with Bordeaux  
 wine as its foundation with various seasonings added

<sup>1</sup> Adapted from Department of Food Economics and Nutrition A Dictionary of  
 Culinary and Related Terms Kansas State College 1933

- Borsch** (borsh) Rus Also spelled bortsch A Russian or Polish soup made with beets Often sour cream or citric acid is added to give an acid taste
- Bouillabaisse** (bool yab-ays) Fr A national soup of France The word comes from the verbs bouillir to boil and abaisser to go down A highly seasoned fish soup made especially at Marseilles Served in plates with dry toast
- Bourgeoise** (boor zhwa) Fr Citizen style with family simplicity À la Bourgeoise usually means served with vegetables
- Brioche** (b e yosh) Fr A slightly sweetened rich bread of French origin
- Broche** (brosh) Fr Skewer spit for roasting À la Broche cooked on a skewer
- Cafe** (kaf ay) Fr Coffee coffee house restaurant Cafe au Lait coffee with hot milk Café Noir black coffee after dinner coffee
- Canape** (kan ap ay) Fr Originally couch sofa or divan Now an individual appetizer served either hot or cold Usually fried or toasted bread spread with or supporting a wide variety of highly seasoned foods Generally used as the first course of a meal as an hors d'œuvre and is eaten with the fingers unless accompanied by a sauce or otherwise made impossible to eat this way Often served on a doily
- Carte** (kart) Fr Card bill of fare À la Carte according to the bill of fare Carte au Jour bill of fare or menu for the day
- Chantilly** (shang te ye) Fr A castle north of Paris Name originally given to savoy cakes scooped out filled with preserved fruit and garnished with whipped cream Now may be applied to anything served with sweetened and flavored whipped cream Chantilly Cream sweetened and flavored whipped cream
- Chartreuse** (shar truhz) Fr Named from a monastery in the Alps which required of its members absolute abstinence from meat The name is given to dishes which hold a hidden stuffing as meat molded in rice suggesting that meat may have been thus disguised and eaten by the monks Or it may be a mold of aspic containing vegetables meat or fruit filling in the center of the mold Also the name of a famous liquor
- Chaud** (shô) Fr Hot
- Chemise** (sh mez) Fr Shirt En Chemise with their skins on generally applied to potatoes
- Chiffonade** (shif fon ad) Fr Rags minced or shredded vegetables or meats Used on soups or salads
- Cloche** (klosh) Fr Bell dish cover Sous Cloche under cover
- Confit** (kong fee) Fr Also called confiture Preserves or jam made from fruit
- Consomme** (kon so may) Fr A clear soup usually made from 2 or 3 kinds of meat as fowl veal and beef It is highly seasoned
- Creole** (kre ol) Fr Relating or peculiar to the Creoles The term is applied to soups garnishes sauces etc Tomatoes peppers onions and other seasons are usually characteristic of these dishes
- Crepe** (krap) Fr Pancake The French product is very thin and crisp and may be served for tea
- Croissant** (krwa sang) Fr Crescent Applied to rolls and confectionery of crescent shape
- Curry** (kur i) Eng An East Indian dish originally meaning a stew characterized by a pungent flavor of curry powder The finishing or seasoning of the dish is frequently done at the table and many army and navy officers from western countries pride themselves upon their combinations of seasonings
- De jour** Fr Ready to serve
- Dejeuner** (day zhuh nay) Fr Breakfast lunch

- Demi tasse** (duh mee tass) Fr A half cup Name applied in this country to black coffee served in after dinner coffee cups In France cille l café noir
- Diner** (de nɪ) Fr Dinner to dine
- Duglère** (dong lar) Fr A French restaurateur who popularized tomatoes Usually signifies the use of tomatoes
- Écarlate** (ə kar lat) Fr Scarlet a red sauce one containing lobster roe red tongue etc
- Entre Cote** (angtr kət) Fr Between ribs Name given to a steak cut from between the ribs Supposed to be second in quality only in the fillet or tenderloin
- Entrée** (ang tray) Fr A subordinate dish served between the main courses at a dinner Usually a made dish of unusual food or of food prepared in an unusual manner It is garnished and may be accompanied by a sauce It should be easy to eat and pleasing to the appetite but not satisfying
- Entremet** (ang truh may) Fr From the verb to place between A side dish light made dish served after the roast and before the dessert In French cookery it may be either a sweet or a vegetable course Entremet de Douceur sweet dish Entremet de Légume vegetable course
- Espagnole** (əsp pah nyol) Fr Spanish brown sauce
- Fanchonette** (fang sho net) Fr A small pie or tart with a meringue
- Farci** (far see) Fr Stuffed
- Fermière** (fayr myayr) Fr Farmer's wife in plain country style
- Fines Herbes** (fang ayib) Fr Fine herbs
- Foie** (fwa) Fr Liver **Foie Gras** fat liver Applied especially to the liver of fat geese **Foie Gras au Naturel** plain cooked whole foie gras **Paté de Foie Gras** the most popular form of foie gras First used in Strasbourg toward the end of the eighteenth century by the chef of the governor of Alsace The cooked livers are seasoned with truffles wine and aromatics
- Fondu** (fong du) Fr Melted or blended
- Four** (foor) Fr Oven **Petit Four** small French pastry used at teas **Pate de Petit Four** pastry of the little oven
- Franconia** (fran ko ni a) Eng An ancient German duchy in the culinary sense browned **Franconia Potatoes** whole potatoes browned with the roast
- Frappe** (frap pay) Fr Beaten iced Applied to a water ice frozen to a mush while stirring Usually drunk rather than eaten with a spoon or fork
- Glace** (glah say) Fr Iced frozen glassy glazed frosted candied crystallized **Glacé fruit** fruit dipped in a hot syrup which has been cooked to a hard crack stage
- Gratin** (grat ang) Fr Crumbs **Au Gratin** the French term for scalloped Cheese is much used in au gratin dishes and to many this term implies its use
- Gumbo** (gumbō) Eng Okra also a rich thick Creole soup containing okra
- Hache** (hah shay) Fr Minced chopped
- Hors d'oeuvre** (or duh vr) Fr Beyond the works side dish or relish served at the beginning of the meal Used for luncheons but not for dinners in France Usually served cold and made of salty tart or crisp materials in canapes radish olives pickles fish sausages etc
- Italienne** (e tal yang) Fr Italian
- Jardinière** (zhar de nyayr) Fr The gardener's wife a dish of mixed vegetables
- Julienne** (zhu lyayn) Fr Vegetables cut into fine strips or shreds Named from the famous chef Jean Julienne who invented clear vegetable soup with the vegetable cut into match like strips
- Jus** (zhut) Fr Juice or gravy **Au Jus** served in the natural juice or gravy

- Kippered** (kip erd) Eng **Kipper** is a Scotch term originally applied to salmon. Now a method of preserving fish especially herring and salmon. The fish are split, then lightly salted and smoked.
- Kosher** (ko sher) Eng A term applied to food prepared with special precautions. Kosher meat. Meat from a strictly healthy animal that has been slaughtered and prepared in accordance with the Jewish requirements.
- Kuchen** (koo khen) Ger Cake not necessarily sweet.
- Lait** (lay) Fr Milk.
- Laitue** (lay tu) Fr Lettuce.
- Lebkuchen** (lap koo khen) Ger Also known as sweet cakes or honey cakes. A group of famous German cakes.
- Lyonnaise** (lyo nayz) Fr Word comes from Lyons. Seasoned with onions and parsley as *Lyonnaise potatoes*.
- Macedoine** (mah say doan) Fr A mixture or medley usually applied to cut vegetables but also to fruit.
- Maitre d'Hotel** (maytr dotayl) Fr Steward. In the culinary sense implies the use of minced parsley. *Maitre d'Hotel Sauce* or *Parsley Butter* a well seasoned mixture of creamed butter, chopped parsley and lemon juice. Served on broiled meats, broiled or boiled fish and on some vegetables as potatoes.
- Marinade** (mar e nad) Fr Usually a French dressing in which salad foods as cooked vegetables and meats are allowed to stand to render them more palatable. It is also used for uncooked meat to soften tough fibers and to keep meat fresh. In the latter case the marinade may be nothing more than a brine or pickle solution.
- Marinate** (mar i nat) Eng To treat with a marinade.
- Milanaise** (me lan ayz) Fr From Milan. Implies the use of macaroni and Parmesan cheese with a suitable sauce often *Bechamel*.
- Minestrone** (mee nays tro ne) It A famous Italian thick vegetable soup.
- Mulligatawny** (mul i ga to ni) Eng Derived from two East Indian words signifying pepper water. A highly seasoned thick soup characterized chiefly by curry powder. Meats, vegetables, mango, chutney, coconut, flesh, rice, cayenne etc. are used to suit the taste of the cook.
- Neapolitan** (ne a pol itan) Eng Also called *harlequin* and *panachée*. The term is applied to a molded dessert of from 2 to 4 kinds of ice cream or water ice arranged in lengthwise layers. The mixture is sliced across for serving. The name is also applied to a gelatin dish arranged in layers of different colors.
- Nesselrode** (nes el rod) Eng Containing chestnuts. Named after a Russian statesman of the early 19th century. *Nesselrode Pudding* a frozen dessert with a custard foundation to which chestnut puree, fruit and cream have been added. It has been termed the most perfect of frozen puddings.
- Newburg** (nu burg) Eng A form of creamed dish with egg yolks added. Originally flavored with lime or sherry. Most often applied to lobster but may be used with other foods.
- Nivernaise** (ne ver nez) Fr A garnish of julienne vegetables added to sauce *Allemande*.
- Noir** (noar) Fr Black.
- Noisette** (noa zet) Fr Literally hazel nut. nut brown color. May imply nut shaped. A small piece of lean meat. Generally a chop minus the bone (fillet). *Potatoes Noisette* potatoes cut into the shape and size of hazel nuts and browned in fat.
- Normande** (nor mand) Fr From Normandy. A la Norman. a delicate smooth mixture often containing whipped cream.

- O'Brien** Cubed potatoes cooked in a small amount of fat with chopped onion and pimiento
- Pane** (pan ay) Fr Covered with bread crumbs or breaded
- Parfait** (par fay) Fr Perfect a mixture containing egg and sirup Frozen without stirring May be molded but is more commonly served in parfait glasses
- Parmentiere** (par mang tyay) Fr Potato Named after Baron Augustine Parmentier who introduced potatoes into France and originated many methods of preparing them *À la Parmentiere* with or of potatoes
- Pate** (pat) Fr Paste dough
- Paté** (pa tay) Fr Pie petty pastry Also a meat preparation picked in earthenware jars and small tins prepared largely in Germany and France but also of domestic manufacture The name came from the fact that it was originally sold in pies of paté form *Paté de Foie Gras* paste of fat livers
- Persillade** (payr se yad) Fr Served with or containing parsley
- Petit** (puh tee) Fr Small new *Petits Pois* little peas a fine grade of small canned peas with delicate flavor but of low food value
- Petits Fours** (puh tee foor) Fr Small fancy cakes
- Piquant** (pe kang) Fr Sharp highly seasoned Applied to sauces etc *Sauce Piquante* a highly seasoned brown sauce containing lemon juice or vinegar capers pickles etc
- Plank** (plank) Eng A board made of hard wood designed for use in cooking and serving of broiled meat or fish Thought to give to the meat a superior flavor *Planked steak* a broiled steak served on a plank attractively garnished with a border of suitable vegetables or fruits
- Plat** (plah) Fr Dish *Plat au Jour* as used on menu cards the food of the day
- Pois** (poo) Fr Peas *Petits Pois* very small peas
- Polenta** (po len ta) It A popular Italian dish originally of chestnut meal but now often made of farina or cornmeal Cheese is usually added before serving
- Polonaise** (po lo nay) Fr Polish With beets or cabbage
- Pomme** (pom) Fr Apple *Pomme de Terre* apple of the earth potato *Pomme d'amour* apple of love tomato *Pommes de Terre à la Lyonnaise* Lyonnaise potatoes
- Puree** (pu ray) Fr Foods rubbed through a sieve also a nutritious vegetable soup in which milk or cream is seldom used
- Ragout** (rag oo) Fr Stew Originally meant something to restore the taste and tempt the appetite Generally a thick well seasoned stew containing meat
- Ramekin** (rame kin) Eng A small individual baking dish or a pastry shell also a cheese-cake
- Ravigote** (rav e got) Fr A sauce seasoned with tarragon vinegar chives shallots etc
- Ravioli** (ra vi ole) It A term applied to little shapes of Italian or noodle paste which are rolled thin one half spread with a filling of minced meat or vegetables and moistened with a sauce if necessary then folded over and poached in stock
- Remoulade** (ray moo lad) Fr A pungent sauce Made of hard cooked eggs mustard oil vinegar and seasonings Served with cold dishes
- Rissoler** (re so lay) Fr To roast until the food is a golden brown to brown
- Rissole** browned
- Rouelle** (roo ayl) Fr A round slice or fillet
- Roulade** (roo lad) Fr Rolled Applied to rolled meat
- Roux** (roo) Fr The term is often applied to the browned flour and fat used for thickening sauces stews etc

- Scallion** (skal'yun) Eng Any onion which has not developed a bulb
- Shallot** (sha lot) Eng A form of onion with stronger but more mellow flavor than the common variety
- Sorbet** (sor bay) Fr A sherbet made of several kinds of fruits
- Soubise** (soo bez) Fr A white sauce containing onion and sometimes parsley
- Springerle** (springerle) Ger A popular cake The dough is rolled into a sheet and pressed with a springerle mold before baking
- Table d'Hôte** (tabl dot) Fr Table of the host or innkeeper Service Table d'Hôte a meal planned by the establishment and served for a set price Considerable choice may be permitted
- Terrine** (tay reen) Fr An earthenware pot resembling a casserole Chicken en Terrine chicken cooked and served in a terrine
- Torte** (tor' te) Ger A rich cake made from crumbs eggs nuts etc
- Tortoni** (tor ton ee) It Originally Tortonois meaning from the Italian city Tortona Tortoni Biscuit a frozen mixture containing dried ground macaroons and chopped blanched almonds
- Tournedos** (toor nay doz) Sp Small round fillets of beef
- Truffle** (truf'l) Eng A species of fungi similar to mushrooms found chiefly in France growing in clusters some inches below the surface of the ground under oak trees They are rooted out by pigs trained for the purpose They are black in color and are used chiefly for garnish and flavor
- Veloute** (vuh loo tay) Fr Velvety a rich white sauce usually made of chicken or veal broth Considered the principal white sauce just as Espagnole is the chief brown sauce although some confusion exists in the use of the terms
- Volaille** (vo lah yuh) Fr Poultry
- Vol au vent** (vol = vang) Fr Flying at the mercy of the wind large patties of puff paste made without a mold and filled with meat preserves etc
- Yorkshire Pudding** (york shir pooding) Eng An English dish usually served with roast beef It consists of a popover like mixture which may be baked with the meat or separately with some of the drippings from the roast
- Zwieback or Zwiebach** (tsve bak) Ger A German bread which is twice baked Now used largely in feeding small children

## COOKERY TERMS

### (Processes and Methods)

- Baking** is cooking by dry heat usually in an oven but occasionally on heated metals This term is used interchangeably with roasting when applied to meat cookery
- Basting** is moistening meat or other food while cooking to add flavor and to prevent drying of the surface Melted fat meat drippings water or water and fat may be used for basting
- Beating** is a regular motion that lifts a mixture over and over and thereby introduces air or makes the mixture smooth
- Blanching** is pouring boiling water over a food such as rice macaroni and other pastes draining and rinsing it in cold water Nuts and fruits are blanched by leaving them in boiling water until the skins slip draining and rinsing with cold water
- Blending** is thoroughly mixing two or more ingredients
- Boiling** is cooking in water or a liquid mostly water in which the bubbles are breaking on the surface and steam is given off The boiling temperature of water

at sea level is 100 C (212 F) but will be approximately 1 C less for every 1 000 feet elevation. The boiling point will be increased by the solution of solids in the water.

**Braising** is browning meat or vegetables in a small amount of fat covering and cooking slowly in a small amount of liquid. Meat stock or juice, water, milk or cream may be used for the liquid.

**Breading** is dipping a food into an egg-milk mixture and then into fine dry crumbs.

**Broiling** is cooking by direct heat. This may be done by placing the food under or over a clear flame.

**Candying** is cooking in sugar or syrup.

**Carmelizing** is heating sugar or food containing a high percentage of sugar until a brown color and characteristic flavor develop.

**Chopping** is cutting food into fairly fine pieces with a knife or other sharp tool.

**Creaming** is the working of one or more foods until soft and creamy. This term is ordinarily applied to the mixing of fat and sugar.

**Cutting** is the combination of a solid fat with dry ingredients by a horizontal motion with knives. A fat is thus combined with dry ingredients with the least amount of blending.

**Cutting and Folding** is combining by the use of two motions—cutting vertically through the mixture and turning over and over by sliding the implement across the bottom of the mixture with each turn.

**Dicing** is cutting into cubes.

**Dredging** is dipping a food into flour or other fine substance so that it is entirely covered.

**Egging and Crumbing** is dredging a food with fine crumbs then dipping into dilute slightly beaten egg and dredging again with crumbs. This treatment is used for dried foods to prevent soaking of the food with fat or to form a surface easily browned.

**Fricasseeing** is cooking by browning in a small amount of fat then stewing or steaming. This method is most often applied to fowl or veal.

**Frizzling** is cooking in a small amount of fat to produce a food that is crisp and brown with curled edges.

**Frying** is cooking in hot fat. The food may be cooked in a small amount of fat (formerly called sauteing) or cooked in a deep layer of fat (also called deep fat frying).

**Glacéing** is coating with a sugar syrup cooked to the crack stage. It may also refer to a less concentrated mixture containing thickening and used for coating certain types of rolls or pastries.

**Grilling**—See **Broiling**.

**Grinding** is changing a food to small particles.

**Kneading** is manipulation with a pressing motion accompanied by folding and stretching. This process may be used to add flour to doughs that are too stiff to stir or beat.

**Larding** is the insertion of small strips of fat (lardoons) into or on top of uncooked lean meat or fish to give flavor or prevent dryness.

**Marinating** is placing a food into a marinade (usually a salad dressing) for a short length of time.

**Melting** is liquefying by the application of heat.

**Mincing** is to cut or chop a food into very small pieces, not so fine and regular as grinding, yet finer than those produced by chopping.

**Mixing** is uniting two or more ingredients.



- Pan broiling** is cooking uncovered on a hot metal. The fat is removed as it accumulates. Liquid is never added.
- Pan frying** is cooking in a small amount of fat (*See Frying*).
- Parboiling** is partially cooking a food by boiling the cooking being completed by another method.
- Parching** is browning by the application of dry heat.
- Paring** is removing the outside covering usually by a knife.
- Peeling** is removing the outside covering usually by the aid of heat or mechanical device.
- Planking** is cooking or serving a food usually fish or steak on a hot wooden board or plank made especially for the purpose.
- Poaching** is cooking in a hot liquid the original shape of the food being retained.
- Roasting** is the same as baking. The term is commonly applied to meats.
- Sauteing** is cooking in a small amount of fat (*See Frying*).
- Scalloping** is baking food usually cut into pieces and covered with a liquid or sauce and crumbs. Estaloped is a synonymous term.
- Searing** is browning the surface of meat by the application of intense heat for a short time. This process usually develops flavor and improves appearance.
- Simmering** is cooking in a liquid in which bubbles form slowly and break just below the surface. The temperatures range from 85 C (185 F) to a temperature just below the boiling point.
- Steaming** is cooking in steam with or without pressure. Steam may be applied directly to the food as in a steamer or to the vessel as in a double boiler.
- Steeping** is a process of extracting flavors, colors or other qualities by adding boiling water and allowing the mixture to stand. The mixture is always just below the boiling point.
- Stewing** is simmering or boiling in a small amount of liquid.
- Stirring** is mixing food materials with a circular motion. Food materials are blended or made into a uniform consistency by this process.
- Toasting** is the application of direct heat until the surface of the food is browned.
- Whipping** is rapid beating to increase volume by the incorporation of air.

## COOKING TEMPERATURES\*

### OVEN TEMPERATURES

#### Terms Commonly Used to Describe Oven Temperatures

TERM	TEMPERATURE	
	degrees F	degrees C
Slow	250 to 300	121 to 149
Very moderate	300 to 325	149 to 163
Moderate	325 to 375	163 to 191
Moderately hot	375 to 400	191 to 204
Hot	400 to 450	204 to 232
Very hot	450 to 500	232 to 260

\* Adapted from Terminology Used in Food Preparation p 19 American Home Economics Association Mills Building Washington D C 1935

## TEMPERATURES USED IN BAKING

TYPE OF PRODUCT	APPROXIMATE TIME RE- QUIRED FOR BAKING	OVEN TEMPERATURE	
		degrees F	degrees C
Breads	minutes		
Biscuits	12 to 15	450	218
Cornbread	30 to 35	400	204
Muffins	20 to 25	400	204
Popovers	45	450 for 30 min then 350 for 15 min	232 for 30 min then 177 for 15 min
Yeast bread	50 to 60	375 for 15 min then 350 for 35 to 45 min	191 for 15 min then 177 for 35 to 45 min
Yeast rolls	20 to 25	425	218
Cakes with fat			
Plain			
Cup	15 to 20	375	191
Layer	15 to 25	365	185
Loaf	40 to 45	325 to 350	163 to 177
White or chocolate			
Layer	20 to 25	350	177
Loaf	50 to 55	325 to 350	163 to 177
Cakes without fat			
Sponge and Angel	55 to 60	315 to 350	163
Cookies			
Drop	10 to 15	400	204
Drop (to spread)	10 to 12	350	177
Rolls	8 to 10	350	191
Egg meat milk cheese dishes			
Cheese soufflé	60	325	163
Custard plain corn etc	50 to 60	350	177
Macaroni and cheese	25 to 30	350	177
Meat loaf	75	350	177
Meat pie	25 to 30	400	204
Rice pudding (raw rice)	120 to 140	250 to 275	121 to 135
Scalloped potatoes	60	350	177
Pastry			
One-crust (custard type)	1	450 for 10 min then 350 to finish	232 for 10 min then 177 to finish
Shells	8 to 10	400	204
Two-crust pies	30 to 35	450 for 10 min then 350 to finish	222 for 10 min then 177 to finish

\* It may be necessary to modify these temperatures for decreased atmospheric pressure.

DEEP FAT FRYING TEMPERATURES

Type of Product	Amount to Serve 50	Preparation	Method	Temperature		Time
				deg F	deg C	min
Asparagus (cooked)	12 lb	Skin and scrape Cut in pieces 2 in long Sprinkle with powdered sugar and lemon juice Let stand 30 min	I	375	191	1 to 3
Bananas	9 lb		I	375	191	1 to 3
Cauliflower	9 12-oz heads	Cold cooked cauliflower	I	375	191	1 to 3
Cheese Balls	25 2 4 to 3 lb broilers	See p 85	I	350 to 375	177 to 191	2 to 3
Chicken		See p 169		375 to 390	191 to 199	8 to 10
Croquettes (all previously cooked foods)	16 9-in long	Wash pare and cut lengthwise in 1/4 in slices	III	390	199	2 to 5
Cucumbers	8 lb 1 slice 4 x 4 in	See p 110	I	360 to 400	182 to 204	3 to 5
Cutlets		Pare cut in / in slices soak in salt water 1 hr		375	191	5 to 8
Doughnuts	13 lb 4 oz serving		III	370	188	5 to 8
Eggplant				370 to 380	188 to 193	4 to 6
Fish Fillers						1 to 5
Fritters						

	100 large 9 lb	Trim and clean Peel cut in $\frac{1}{8}$ in slices separate into rings Soak in milk 1 hr	III	375 to 380 3/0	191 to 193 188	6 1 to 3
Frog Legs			II			
Onions						
Oysters	3 qt	See p 115	III	375	191	1 to 3
Perch and Smelts	18 lb	See p 113 & 114 (Fried Fish II)	III	370	188	3 to 5
Scallops	22 lb (approx 20 per lb) 5 to 6 per serving	Wash and dry	III	360	181	5
Shrimp	13 lb 4 oz serving	See p 115	I	350 to 365	177 to 185	3 to 5
Summer Squash	12 lb	Wash and cut in 5 in slices	III	3/5	191	3 to 5
Timbale Cases		See p 61		380 to 390	193 to 199	1 to 1
Potatoes						
French Fried	15 lb L P	Peel Cut into eighths lengthwise		365 to 375	185 to 191	5 to 12
Shoestring	12 lb L P	Peel Cut into $\frac{1}{8}$ in strips		325 to 335	163 to 168	3 to 10
Lattice	12 lb E P	Peel Cut using lattice slicer		350 to 355	177 to 191	3 to 10
Chips	8 lb E P	Peel Slice very thin		325	163	3 to 6

## Method I

Dip in mixture of

1 c Flour	} Mix
5 t Salt	
1 g Pepper	

Add

15 c Milk

2 Eggs beaten

## Method II

Dip in milk

Drain Dip in flour

## Method III

Sprinkle with salt and pepper

Dip in crumbs egg and crumbs again

# TEMPERATURES AND TESTS FOR SIRUP AND CANDIES\*

PRODUCT	TEMPERATURE OF SIRUP AT SEA LEVEL (INDICATING CONCEN- TRATION DESIRED)		STAGE OF CON- CENTRATION DESIRED	BEHAVIOR AT STAGE DESIRED
	d gr F	deg ce C		
Sirup	230 to 235	110 to 112	Thread	The sirup spins a two inch thread when dropped from fork or spoon
Fondant	235 to 240	112 to 116	Soft ball	The sirup when dropped into very cold water forms a soft ball which flattens on removal
Fudge				
Penuchi	244 to 248	118 to 120	Firm ball	The sirup when dropped into very cold water forms a firm ball which does not flatten on removal
Caramels				
Divinity	250 to 265	122 to 129	Hard ball	The sirup when dropped into very cold water forms a ball which is hard enough to hold its shape yet plastic
Marshmallows				
Nougat	270 to 290	132 to 143	Soft crack	The sirup when dropped into very cold water separates into threads which are hard but not brittle
Popcorn balls				
Salt water taffy	300 to 310	149 to 154	Hard crack	The sirup when dropped into very cold water separates into threads which are hard and brittle
Butterscotch				
Taffies	320	160	Clear liquid	The sugar liquefies
Brittle Glacé				
Barley sugar	338	170	Brown liquid	The liquid becomes brown
Caramel				

\* It may be necessary to modify these temperatures for decreased atmospheric pressure

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE

Food	Weight	Approximate Measure
Almonds blanched	1 lb	4 c
Almonds in shell	1 lb	3 c
Almonds A P	1 lb	2 c F P
Apples A P	1 lb	2½ to 3 medium
Apples, A P	1½ lb	1 qt sliced
Apples diced ½ inch cubes	1 lb	4½ c
Applesauce	1 lb	2 c
Apples canned pie pick	1½ lb	1 qt
Apricots dried A P	1 lb	3 c
Apricots, dried cooked no juice	1 lb	2½ lb or about 5 c
Apricots fresh	1 lb	8 apricots
Apricots canned halves with out juice	1 lb	2 c or 21 halves
Apricots, pie pick	1 lb	1¾ c
Asparagus fresh	1 lb	20 stalks
Asparagus canned tips drained	1 lb	19 stalks
Asparagus canned cuts drained	1 lb	2½ c
Avocado	1 lb	2 medium
Bacon raw	1 lb	15 to 25 slices
Bacon cooked	1 lb	85 to 95 slices
Baking Powder	1 oz	2¼ T
Bananas	1 lb	3 medium
Bananas diced	1 lb	2½ c
Barley flour	1 lb	4 c
Barley pearl	1 lb	2 c
Beans, baked	2 lb	1 qt
Beans, dried Lima small A P	1 lb	2½ c
Beans dried, Lima 1 lb A P after cooking	2 lb 9 oz	6 c
Beans Lima fresh or canned	1½ lb	1 qt
Beans kidney A P	1 lb	2¾ c
Beans kidney 1 lb, after cook ing	2 lb 6 oz	7 c

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Beans, navy, A P	1 lb	2½ c
Beans, navy, 1 lb A P, after cooking	2 lb 3 oz	6 c
Beans, string, cut, cooked, without juice	1 lb	3½ c
Beef, dried, solid pack	1 lb	1 qt
Beef ground raw	1 lb	2 c
Beef cooked diced	1 lb	3 c
Beets medium	1 lb	1 to 3
Beets cooked diced	1 lb	2¼ c
Beets cooked, sliced	1½ lb	1 qt
Beets young, A P	6 lb (net)	1 doz
Blackberries fresh	3 lb	1 qt
Blackberries pie pack	1 lb	3 c
Bran, unwashed	1 lb	4 qt
Bran all bran	8 oz	1 qt
Bran flakes	1 lb	3 qt
Bread loaf	2 lb	24 slices ½ in each
Bread sandwich	1 loaf	36 to 40¼ in slices
Bread, soft broken	1 lb	9 c
Bread stale broken	1 lb	9 c
Bread, crumbs dry	12 oz	4 c
Bread crumbs, soft	8 oz	4 c
Brussels Sprouts A P	1 lb	1 qt
Butter	1 lb	2 c
Cabbage shredded E P	12 oz	1 qt
Cabbage, A P shredded cooked	1 lb	1½ c
Cantaloupe	18 oz	1 melon 4½ in diameter
Carrots diced (A P topped)	1 lb	3¼ c
Carrots ground raw E P	1 lb	3¼ c
Carrots, diced cooked	1 lb	3 c
Carrots	1 lb	6 small

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

FOOD	WEIGHT	APPROXIMATE MEASURE
Cake, crumbs, not dry	10 oz	1 qt
Cauliflower, E. P., 1 crate	12½ lb	10 qt
Cauliflower, head	12 oz	1 small
Celery, diced E. P.	1¼ lb	1 qt
Celery, diced (depending on size)	1 to 2 bunches	1 qt
Cheese, cottage	1 lb	2¼ c
Cheese, grated or ground	1 lb	1 qt
Cheese, cubed	17 oz	1 qt
Cheese, Philadelphia cream	3 oz	⅓ c
Cherries, red pie pack, without juice	1 lb	3 c (scant)
Cherries, glace	1 lb	96 cherries
Cherries, Royal Anne, drained	1 lb	2¼ c
Chicken, dressed	5 lb	1 qt cooked, diced
Chicken, cooked, cubed	1 lb	3 c
Chili Powder	1 oz	6 T
Chili Sauce	14 oz	1¼ c
Chocolate	1 lb	16 squares
Chocolate, grated	1 lb	4 c (plus)
Chocolate, melted	1 lb	2 c (scant)
Cinnamon, ground	1 lb	4 c
Cinnamon, stick	¾ oz	4 sticks 5 in long
Citron, dried, chopped	3 oz	1 c
Cloves, ground	1 lb	3¾ c
Cloves, whole	3 oz	1 c
Cocoa	1 lb	4½ c
Cocoanut, prepared	1 lb	6 to 7 c
Coffee, ground, coarse	1 lb	5 to 5½ c
Coffee, pulverized	1 lb	5 c



**TABLE OF WEIGHTS AND THEIR APPROXIMATE  
EQUIVALENTS IN MEASURE (continued)**

Food	Weight	Approximate Measure
Corn canned	1 lb	1 $\frac{3}{4}$ c
Cornflakes	1 lb	4 qt
Cornmeal	1 lb	3 c
Corn sirup	12 oz	1 c
Cornstarch	1 lb	3 $\frac{1}{4}$ c
Crab Meat, flaked	$\frac{1}{2}$ lb	3 c
Crackers graham	1 lb	58 crackers
Crackers 2 $\frac{5}{8}$ in sq	12 oz	50 crackers
Crackers 2 x 2 in	1 lb	108 crackers
Cracker, crumbs medium fine	10 oz	1 qt
Cranberries raw	1 lb	4 c
Cranberries cooked	1 lb	1 qt
Cranberries sauce jellied	1 lb	2 c
Cream of Tartar	1 oz	3 T
Cream of Wheat raw	1 lb	2 $\frac{3}{8}$ c
Cucumbers	20 oz	2 9 in long
Cucumbers diced E P	1 lb	3 c
Currants dried	1 lb	3 c
Curry Powder	1 oz	4 T
Dates A P	1 lb	2 $\frac{1}{2}$ c
Dates pitted	1 lb	3 c
Eggplant	1 lb	8 slices 4 x $\frac{1}{2}$ in
Eggs whole A P	1 lb	8
Eggs whole*	1 lb	2 c (9 to 11 eggs)
Eggs whites	1 lb	2 c (17 to 20 eggs)
Eggs yolks	1 lb	2 c (19 to 22 eggs)
Eggs hard cooked chopped	1 $\frac{1}{2}$ lb	1 qt

\* One case (30 doz) eggs weighs approx 41 to 43 lb and yields approx 35 lb of liquid whole eggs.

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

FOOD	WEIGHT	APPROXIMATE MEASURE
Farina, cooked	6 oz	$3\frac{1}{4}$ c
Farina, uncooked	1 lb	3 c
Farina, 1 lb when cooked	9 lb	$3\frac{1}{4}$ qt
Figs dry	1 lb	$2\frac{1}{4}$ c (44 figs)
Flour, graham	1 lb	$3\frac{2}{3}$ c
Flour white bread unsifted	1 lb	$3\frac{1}{2}$ c (scant)
Flour white bread sifted	1 lb	4 c
Flour cake unsifted*	1 lb	$3\frac{3}{4}$ c (scant)
Flour cake sifted*	1 lb	4 c
Flour whole wheat sifted	1 lb	4 c
Gelatin granulated	1 oz	4 T
Gelatin prepared	1 lb	$2\frac{1}{3}$ c
Ginger	1 lb	$4\frac{3}{4}$ c
Ginger candied	1 oz	1 piece 2 x 2 x $\frac{3}{8}$ in
Grapefruit size 64	1 lb	1 grapefruit
Grapenuts	1 lb	4 c
Grapes cut, seeded E P	1 lb	$2\frac{1}{4}$ c
Grapes, on stem	1 lb	1 qt
Green Peppers	1 lb	7 medium
Green Peppers, chopped	1 lb	$3\frac{1}{2}$ c
Ham cooked diced	1 lb	3 c (plus)
Ham cooked, ground	1 lb	2 c
Ham, 1 lb, uncooked A P		1 c cooked
Hominy Grits raw	1 lb	3 c
Hominy Grits 1 lb A P cooked	$6\frac{1}{2}$ lb	$3\frac{1}{4}$ qt
Honey	10 oz	1 c
Ice Cream commercial	1 lb	$2\frac{1}{2}$ c

\* Or Pastry Flour

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

FOOD	WEIGHT	APPROXIMATE MEASURE
Jam, raspberry	1 lb	1½ c
Jelly, blackberry	1 lb	1¼ c
Krumbles	1 lb	16 c
Lard	1 lb	2 c
Lemons size 300	1 lb	4 lemons
Lemon juice	8 oz	4 to 5 lemons or 1 c
Lettuce average head	9 oz	1
Lettuce shredded	1 lb	8 c
Lettuce leaf	1 lb	30 to 40 salad garnishes
Macaroni, 1-inch pieces A P	1 lb	4½ c
Macaroni, 1 lb after cooking	5 lb	2¾ qt
Macaroni cooked	1 lb	2½ c
Marshmallows (1¼ in )	1 lb	80
Mayonnaise	1 lb	2 c
Meat, chopped, cooked	1 lb	2 c
Milk condensed sweetened	11 oz	1 c
Milk, evaporated	1 lb	2 c
Milk powdered	1 lb	2¼ c
Mincemeat	1 lb	2 c
Molasses	1 lb	1½ c
Mushrooms, sliced fresh, unstemmed	1 lb	7 c
Mushrooms 1 lb sliced fresh fried		1½ c
Mushrooms canned	1 lb	2 c
Mustard dry	1 lb	5 c
Nutmeats almonds	1 lb	4 c

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

FOOD	WEIGHT	APPROXIMATE MEASURE
Nutmeats English, chopped	1 lb	4 c
Nutmeats peanuts	1 lb	4 c
Nutmeats pecans	1 lb	4 c
Nutmeg ground	1 lb	3½ c
Noodles raw dry	1 lb	8½ c
Oats rolled raw	1 lb	4¾ c
Oats, rolled cooked	1 lb	3 to 3½ c
Oil, salad	1 lb	2½ c
Olives green small size 180 to 200 1 qt		109 to 116 olives
Olives ripe small size 120 to 150 1 qt		152 olives
Onions A P	1 lb	4 to 5 medium
Onions chopped	1 lb	2 to 3 c
Oranges size 150	1 lb	2
Oranges, diced with juice (size 150)	3 lb	1 qt
Oysters 1 qt		40 large, 60 small
Paprika	1 lb	3¾ c
Parsnips A P	1 lb	4
Peanuts in shell	1 lb	2 qt
Peanuts 1 lb A P after shell ing	11 oz	2 c
Peanut Butter	1 lb	1¾ c
Peaches medium A P	1 lb	4
Peaches canned sliced, drained	1 lb	2 c
Peas 2½ lb A P	1 lb E P	
Peas, 1 lb A P		1 c E P
Peas, canned, drained	1¼ lb	2 c
Peas dried, split	1 lb	2½ c

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

FOOD	WEIGHT	APPROXIMATE MEASURE
Peas 1 lb dried, after cooking	2½ lb	5½ c
Pears, fresh, A P	1 lb	3 to 4
Pears, canned, drained diced	1 lb	2½ c
Pears, halves, large drained	1 lb 14 oz	1 qt (9 halves)
Pepper, ground, white	1 lb	4¾ c
Pickles, chopped	1 lb	3 c
Pickles, halves, 3 in	1 lb	3 c or 36 halves
Pimiento, chopped	1 lb	2½ c
Pineapple, canned tidbits	1 lb	2 c
Pineapple fresh	2 lb	1 pineapple
Pineapple, canned, slices drained	1 lb	8 to 12 slices
Potatoes, white, medium, A P	1 lb	4
Potatoes, 2 lb A P after cooking (diced and creamed or mashed)		1 qt
Potatoes, mashed	1 lb	2 c
Potatoes, sweet	1 lb	3 medium
Potato Chips	1 lb	5 qt
Potato Chips	¾ to 1 oz	1 serving
Prunes, dried, A P, size 30 to 40	1 lb	2 c
Prunes, dried 1 lb after cooking	2 lb	3 to 4 c
Prunes cooked pitted	1 lb	3¼ c
Pumpkin, cooked	1 lb	2½ c
Raisins, A P	1 lb	3 c
Raisins, 1 lb A P cooked	1 lb 12 oz	1 qt
Raspberries A P	1 lb	3¾ c
Rhubarb, raw 1 in pieces	1 lb	4 c
Rhubarb, 1 lb E P cooked		2⅓ c
Rice A P	1 lb	2 c
Rice 1 c A P		1 qt cooked

TABLE OF WEIGHTS AND THEIR APPROXIMATE EQUIVALENTS IN MEASURE (continued)

Food	Weight	Approximate Measure
Rice puffed	1 oz	1 $\frac{2}{3}$ c
Rutabagas raw cubed E P	1 lb	3 $\frac{1}{3}$ c
Salad Dressing cooked	1 lb	2 c
Salmon canned	1 lb	2 c
Salt	1 oz	1 $\frac{1}{2}$ T
Sardines canned	1 lb	48, 3 in long
Sausage link small	1 lb	16 to 17
Sauerkraut	1 lb	3 c packed
Shrimp	1 lb	3 $\frac{1}{4}$ c
Soda	1 lb	2 c
Spaghetti	1 lb	4 c (plus)
Spaghetti 1 lb A P cooked	3 lb 14 oz	2 $\frac{1}{3}$ qt
Spinach raw	1 lb	5 qt (not packed)
Spinach 1 lb raw cooked	13 oz	2 $\frac{3}{4}$ c
Spinach canned	1 lb	2 c
Squash summer A P	2 lb	1 squash, 5 in diameter
Squash Hubbard, cooked	1 lb	2 $\frac{1}{8}$ c
Strawberries, A P	1 lb	2 $\frac{1}{4}$ c
Sugar brown	1 lb	3 c
Sugar cubes	1 lb	96 cubes
Sugar granulated	1 lb	2 $\frac{3}{8}$ c
Sugar powdered, sifted	1 lb	3 $\frac{1}{2}$ c
Sweetbreads 5 lb A P		1 $\frac{3}{4}$ qt cooked
Tapioca minute	1 lb	2 $\frac{1}{2}$ c
Tapioca pearl	1 lb	2 $\frac{3}{4}$ c

TABLE OF WEIGHTS AND THEIR APPROXIMATE  
EQUIVALENTS IN MEASURE (continued)

FOOD	WEIGHT	APPROXIMATE MEASURE
Tapioca, 1 lb after cooking		7½ c
Tea	1 lb	6 c
Tomatoes, canned	1 lb	2 c
Tomatoes fresh	1 lb	3 to 4 medium
Tomatoes fresh, diced	1 lb	2¼ c
Turnips, A P	1 lb	2 to 3
Tuna Fish	1 lb	2 c
Vanilla	¼ oz	1 T
Walnuts, English in shell	1 lb	55 small nuts or 1½ qt
Walnuts, English, 1 lb A P, after shelling		2 c
Watercress	1 lb	5 bunches
Watermelon	1 lb	1 in slice, 6 in diameter
Wheat puffed	1 lb	32 c
Wheat, shredded	1 lb	15 to 16 biscuits
White Sauce medium	9 oz	1 c
Yeast	1 lb	32 cakes

# APPROXIMATE AMOUNTS OF FOODS AS PURCHASED TO SERVE FIFTY

FOOD	SERVING UNIT	ORDER
I Bakery Products		
Pullman Loaf, 30 oz	1 to 2 slices	2 to 4 loaves
Pan Rolls	1½ to 2	6 to 8 doz
II Beverages		
Coffee	1 c	1 to 1¼ lb
Cocoa	1 c	8 oz
Cider	½ c	6½ qt
Grape Juice	½ c	6½ qt
Lemons for lemonade	1 glass	3 doz
Oranges for juice	⅓ c	6 doz medium
Tea (Amount will vary with quality and blend)		
Hot	1 c	2½ oz
Iced	1 glass	3 oz
Tomato Juice	½ c	2 No 10 cans (6¼ qt)
Tomato Juice	⅓ c	5 qt
III Cereals and Cereal Products		
Cereal to be cooked p 30		
All Bran 16-oz pkg	½ c (scant)	3 pkg
Bran Flakes 10-oz pkg	¾ c	5 pkg
Crackers graham	2 crackers	2 lb
Crackers 2 x 2 in	2 crackers	1 lb
Cornflakes 8 oz pkg	⅓ c	5 pkg
Krumbles 8-oz pkg	1 c (scant)	6 pkg
Grapenuts 12 oz pkg	¼ c (scant)	4 pkg
Puffed Wheat 3½ oz pkg	1 c	6 pkg
Puffed Rice 4 oz pkg	1 c	6 pkg
Rice Krispies 6 oz pkg	⅓ c	6 pkg
Whole Wheat Flakes 10-oz pkg	⅓ c	5 pkg
Shredded Wheat 12 oz pkg	2 biscuits	7 pkg
Wheat Krispies 10½ oz pkg	⅓ c	4 pkg
IV Dairy Products		
Butter for table (allow more if serving hot bread)	1 to 1½ pats	1 to 1½ lb
Butter for vegetables		1½ to 2 lb
Cream 20 per cent	2 T	1½ qt
Cream 40 per cent for garnish	1 T	¾ to 1 qt



# APPROXIMATE AMOUNTS OF FOODS AS PURCHASED TO SERVE FIFTY (continued)

Food	SERVING UNIT	ORDER
Cheese Cottage	1½ c	8½ lb
Cheese, Longhorn	1½ oz	4¾ lb
Ice Cream, bulk	No 12 dipper	~ gal
Ice Cream brick	-----	7 to 8 bricks
Ice or Sherbet with meal	No 16 dipper	1½ gal
Milk	1 glass	2½ gal
V Fruits		
Canned Fruits*		
Dried Fruits		
Apricots	3 oz	4¾ lb
Dates	5 to 6 each	4½ lb
Figs uncooked	2 each	~¼ lb
Peaches	3 oz	4½ lb
Prunes	3 oz	5½ lb
Raisins	2½ oz	4 lb
Fresh Fruits		
Apples for sauce	3 oz	15 lb
Apples for 8 in pie	6 to 7 cuts per pie	15 lb
Bananas, to serve whole, small size	1 each	16 lb
Bananas, for 8 in pie	6 to 7 cuts per pie	5 lb
Blackberries for 8 in pie	6 to 7 cuts per pie	6 to 8 qt
Blackberries for short cake	¼ c	6 to 8 qt
Cherries red, for 8 in pie	6 to 7 cuts per pie	8 to 10 qt
Cranberries for sauce	¼ c	3 lb
Pineapple (each 2 lb)	½ c diced	5 pineapples
VI Sweets		
Candies small	-----	1 lb
Honey	2 T	5 lb
Jam	2 T	3 lb
Jelly	2 T	3 lb
Sirup	¼ c	2½ qt
Sugar loaf	1½ cubes	1½ lb
Sugar granulated	1½ c	¾ lb
VII Meats		
Beef		
Chuck Roast	2½ oz	18 to 20 lb
Country Fried Steak (Round) ½ in thick	3 oz	12½ lb
Creamed Beef ground meat	3 oz	9 lb
Ground Meat patties	3 oz	12½ lb

## Canned Fruits and Vegetables

The number of servings that can be secured from a can of fruit or vegetables will depend upon the grade pick size of servings and size of the can

A No 10 can of a standard grade of fruit will yield 40 to 35 servings A No 2½ can 8 to 3 servings

A No 10 can of vegetables will yield approximately 25 to 30 servings A No 2½

# APPROXIMATE AMOUNTS OF FOODS AS PURCHASED TO SERVE FIFTY (continued)

Food	SERVING UNIT	ORDER
Meat Loaf	3 oz	10 lb
Rib Roast	2 oz	20 lb
Steaks to Broil sirloin	4 to 4½ oz	16 to 18 lb
Steaks to Broil T bone	6 to 8 oz	
Stew with Vegetables	5½ oz	10 lb
Swiss Steak (Round) ¾ in thick	3½ oz	16 lb
Chicken dressed weight		
Chicken, a la King	3 oz	15 lb
Chicken baked	2½ oz	30 lb
Chicken creamed	3 oz	18 lb
Chicken fried	¾ chicken	30 lb
Chicken scalloped	4 oz	20 lb
Chicken stewed	5 oz	25 lb
Fish		
Fish baked (pieces)	—	12½ to 15 lb
Fish fried	—	16 to 18 lb
Frankfurters 12 1*	2 each	8 to 10 lb
Lamb		
Roast Leg 6 lb each	2½ oz	4 legs
Chops rib 4 1	2 each	25 lb
Pork		
Ham cured		
Baked	2 oz	18 lb
Baked sliced	2 oz	16 to 20 lb
Loaf 8 lb cured—4 lb fresh	3 oz	12 lb
Grilled	3 oz	20 lb
Boiled sliced	2 oz	8 lb
Creamed	2½ oz	6 lb
Roast loin	3 oz	16 to 20 lb
Pork Chops	1 each	12½ to 15 lb
Roast ham	3 oz	20 lb
Pork Cutlets 5, 1	1 each	10 lb
Sausage 4/1	1 cake each	12½ lb
Stew	2½ oz	12½ lb
Turkey, dressed	2½ oz	39 to 40 lb
Veal		
Veal Cutlets	3 oz	12½ lb
Loaf, 8 lb veal—2 lb pork	3 oz	10 lb
Breaded Veal veal round	3 oz	12½ lb
Veal Birds round thin	3½ oz	12½ lb
Veal Chops 4 1	1 each	12½ to 15 lb

\* 12 to one lb

# APPROXIMATE AMOUNTS OF FOODS AS PURCHASED TO SERVE FIFTY (continued)

FOOD	SERVING UNIT	ORDER
VIII Nuts		
Pecan Meats for Tea	1 T	1 to 1½ lb
Jumbo Peanuts for Tea	1 T	1 to 1½ lb
Mixed Nuts for nut cups	—	1½ lb
IX Relishes		
Carrots strips 3 in	2 to 3 pieces	2 to 2½ lb
Celery Curls, 2½ in pieces	1 piece	2 medium stalks (2¼ lb A P)
Olives, green	3 to 4	2 qt
Pickles, 3 in	½ pickle	1½ lb
X Vegetables		
Canned Vegetables		
Dried Vegetables		
Beans kidney	4 oz	5¼ lb
Beans Lima	5 oz	6 lb
Beans, navy, baked	6 oz	6 lb
Peas split	4 oz	5 lb
Fresh Vegetables		
Asparagus	3 oz	15 to 18 lb
Beans, green	3 oz	10 to 12 lb
Beans Lima	3 oz	20 to 22 lb
Beets	3 oz	13 to 14 lb
Broccoli	3 oz	16 to 20 lb
Brussels Sprouts	2½ to 3 oz	10 to 12 lb
Cabbage, to be cooked	2½ to 3 oz	12 lb
Cabbage raw	1 to 2 oz	8 lb
Carrots	3 oz	12½ lb
Cauliflower	3 oz	18 to 32 lb
Cucumber 9 in	2 slices	4
Eggplant 1¼ lb each	2 to 2½ oz	8
Onions, whole	1 medium	12½ lb
Head Lettuce	—	8 to 10 heads
Head Lettuce garnish	—	4 to 5 heads
Leaf Lettuce garnish	—	1 to 1½ lb
Parsnips	3 to 3½ oz	12½ to 15 lb
Peas in Shell	2½ oz	25 lb
Potatoes Irish baked	6 oz	20 lb
Potatoes to mash	5 oz	15 lb
Potatoes to brown	3½ to 4 oz	15 to 18 lb
Potatoes to scallop	5 oz	12½ lb
Potatoes sweet	4½ to 5 oz	18 to 20 lb

### APPROXIMATE AMOUNTS OF FOODS AS PURCHASED TO SERVE FIFTY (continued)

FOOD	SERVING UNIT	ORDER
Radishes	2 each	10 bunches
Tomatoes small	1 each	15 to 18 lb
Tomatoes, sliced	3 oz	10 to 12 $\frac{1}{2}$ lb
Turnips diced	3 oz	12 $\frac{1}{2}$ lb
Turnips mashed	3 oz	15 lb
Spinach to be cooked	3 oz	15 to 18 lb
Spinach, for salad	1 oz	5 to 6 lb
Squash mashed	3 oz	10 to 12 lb
Squash baked	3 oz	10 to 12 lb

### APPROXIMATE AMOUNTS OF CEREAL PRODUCTS TO SERVE FIFTY

CEREAL	AMOUNT	WATER*	SALT	APPROXIMATE SERVING
Cornmeal	2 lb	8 qt	2 $\frac{1}{4}$ T	5 oz
Cream of Wheat	2 lb	8 qt	2 $\frac{1}{4}$ T	5 oz
Farina				
Grits hominy	2 $\frac{3}{4}$ lb	8 qt	2 T	5 oz
Grits wheat	2 lb	8 qt	2 T	5 oz
Macaroni	2 lb	8 qt	2 $\frac{1}{2}$ T	2 $\frac{1}{2}$ oz
Noodles	1 $\frac{1}{2}$ lb	8 qt	2 $\frac{1}{2}$ T	2 oz
Pettijohns	3 lb	8 qt	3 T	5 oz
Rice	3 $\frac{3}{4}$ lb	8 qt	2 $\frac{1}{2}$ T	5 oz
Rolled Oats	2 $\frac{1}{2}$ lb	8 qt	3 T	5 oz
Spaghetti	2 $\frac{1}{4}$ lb	8 qt	2 T	2 $\frac{1}{2}$ oz

\* The amount of water and the cooking time will vary with the method of cookery

# APPROXIMATE AMOUNTS OF PREPARED FOODS TO SERVE FIFTY

Food	SERVING UNIT	QUANTITY
I Beverages		
Punch	3 oz	5 qt
Cocoa, Coffee and Tea	6 oz	2 1/2 gal
II Breads	2 to 3 slices	5 loaves, 3 1/2 x 9 in
Brown Bread		
Nut Bread		
Orange Bread		
III Cereal Products		
Farina Cream of Wheat, Wheat Grits	2/3 c	8 qt
Macaroni, Noodles and Spaghetti	1/3 c	5 qt
Rice (for cereal)	2/3 c	8 qt
Rolled Oats or Petrijohns	2/3 c	8 qt
IV Desserts		
Cake		
Layer 3 layers, 10 in	—	3 cakes
Plain, sheet	—	1 pan 12 x 20 in
Fruit	2 1/2 oz	8 lb
Fruit Cup	1/3 c (scant)	4 qt
Ice Cream	No 16 dipper	6 qt
Pies 8 in	1 piece	7 or 8 pies
Canned fruit filling	1 pie	3 c
Cream filling	1 pie	3 c
Pastry for 2 crusts	1 pie	12 oz
Pastry for 1 crust	1 pie	7 oz
Puddings		
Cornstarch or Tapioca	No 12 dipper	5 qt
V Meats		
Boiled Ham	2 oz	8 lb E P
Cooked Diced Chicken	1 1/2 oz	4 qt
VI Sauces		
Gravy	2 T	2 qt
Sauce to serve with Meat	1 T	1 qt
Sauce to serve with Pud ding	2 T	2 qt
Sauce for Vegetables	2 to 3 T	2 to 3 qt
VII Salad Dressing		
French	3/4 to 1 T	3/4 to 1 qt
Mayonnaise or Boiled	1 to 1 1/2 T	1 to 1 1/2 qt

### APPROXIMATE AMOUNTS OF PREPARED FOODS TO SERVE FIFTY (continued)

FOOD	SERVING UNIT	QUANTITY
VIII Salads		
Bulky vegetable combination as cabbage or mixed vegetables	$\frac{1}{2}$ c	6 qt
Compact mixture as potato salad	$\frac{3}{2}$ c	6 $\frac{1}{4}$ qt
Combination fruit	$\frac{3}{2}$ c	6 $\frac{1}{4}$ qt
Fish or meat	$\frac{2}{3}$ c	8 qt
Gelatin liquid	$\frac{1}{3}$ c	4 qt
IX Soups		
Soup	1 c	3 gal

### APPROXIMATE DIPPER EQUIVALENTS

DIPPER NO	APPROXIMATE EQUIVALENT	USE
30	2 T plus	Drop cookies
4	2 $\frac{3}{4}$ T plus	Cream puffs
20	3 T plus	Muffins cup cakes
16	4 T ( $\frac{1}{4}$ c)	Croquettes desserts
12	5 T plus	Vegetables desserts
10	6 T plus	Desserts
9	8 T ( $\frac{1}{2}$ c)	Luncheon dishes

## PART II

### RECIPES

A poet I guess is more or less  
Preoccupied with gender  
Yet I though custom call me crude  
Prefer to sing in praise of food

—OGDEN NASH

The formulae presented provide servings for fifty people unless otherwise stated. It is recognized that many factors affect the probable yield of any formula. For example, a formula that might serve adequate portions to 50 women may yield only 35 portions of the size deemed adequate in a men's commons.

Attention is called to the fact that in all formulae quantities of ingredients other than liquid weighing over an ounce are given by weight and all liquid ingredients are indicated by measure. This is done as a means of facilitating the production of standardized products. The limitations of time and space lead to the inclusion in this book of formulae only those that are basic to the everyday meals in the average food service. Whenever possible variations of a basic formula are given rather than the presentation of numerous recipes. It is hoped by this means attention may be focused on the essentials rather than dispersed among details.

Sodium aluminum sulphate baking powder was used in testing these recipes.

Eggs weighing approximately 2 oz. each were used in the preparation of recipes.

All steamed foods were steamed under approximately 5 lb. pressure.

The weights given are for food as purchased (A.P.) unless otherwise stated.

The cooking time given in each recipe is based on the size of the pan and the amount of the product in the pan. If a larger or smaller

pan is used, the cooking time will need to be corrected accordingly

Food to be held on the steam table for some time will need to be more moist than food to be served at once, for example, macaroni and cheese

Should the user wish to increase or decrease the recipe, the amounts of each ingredient may be inserted in the left hand column provided in each recipe for this purpose





## APPETIZERS

When work seems  
rather dull to me  
And life is not so  
sweet  
One thing at least can  
bring me joy—  
I simply love  
to eat!

—REBECCA McCANN

Appetizers are often served at the beginning of a meal to stimulate the appetite. They should always be attractive in appearance, spicy, and pleasing in flavor. They include canapés, cocktails, hors d'oeuvres, and soups.

### Canapes and Hors d'Oeuvres

Canapes are made by cutting thin slices of bread into rounds, squares, diamonds, crescents, strips, or other desired shapes. The bread may be toasted, sautéed in butter on one side, or fried in deep fat. The bread is then covered with a well-seasoned mixture of eggs, cheese, fish, or meat and garnished with a bit of some bright or interesting food.

Hors d'oeuvres are relishes served at the beginning of the meal. They may be canapes, olives, stuffed celery, deviled eggs, pickles, radishes, fish, sausages, or a combination of these. Hors d'oeuvres may be arranged on individual plates when the guests are seated, or a platter containing a variety of these may be passed, so that each guest may make his own selection.

Canapes may be served as hors d'oeuvres as the first course of a meal, or an assortment of these may be arranged on a large tray and served at afternoon teas or buffet suppers with cocktails or clear soup.

## CANAPE SUGGESTIONS

SPREAD	SHAPE OF BREAD	PREPARATION OF BREAD	GARNISH
Anchovy paste	Crescent	Browned in butter	Watercress Egg whites and riced yolks
Anchovy paste 3/4 slice of tomato mayonnaise	Round	Toasted	Riced egg yolk and egg white Green pepper ring
Bacon and olive mayonnaise	Roll	Toasted	Parsley
Butter creamed with finely chopped watercress	Diamond	Toasted on one side	Watercress
Caviar	3 1/2 x 1 in Divided diagonally into 3 sections with strips of green pepper	Toasted on one side	Sprinkle chopped pickle in center and chopped red pepper in each end triangle
Clam meat catsup lemon juice Tabasco sauce salt and horseradish	Rectangles	Toasted	Parsley
Crab meat onion fried in butter	Diamond	Toasted	Strips of red pepper
Parmesan cheese salt pepper			
Cheese American grated salt and cayenne	Round	Toasted after cheese is added Serve hot	Paprika
Cheese grated salt and French mustard	Round	Toasted Serve hot	Paprika
Cheese creamed with butter	Diamond	Toasted	Border of chopped stuffed olives
Cheese ground butter lemon juice Worcestershire sauce paprika cayenne onion juice	Round	Toasted	Slices of stuffed olives
Cheese American ground pimiento and salad dressing	Rectangle	Toasted	Pimiento strips
Parmesan cheese and heavy cream	Rectangle	Toasted	Parsley
Chicken or ham finely chopped mixed with butter highly seasoned with curry or chutney	Heart or round	Browned in butter	Cooked beets cut in heart or other fancy shapes
Finnan haddie flakes fried mush rooms and onions cream flour salt cayenne Cooked	Round	Toasted	Grated cheese and buttered bread crumbs
Lobster minced riced yolks of hard cooked eggs melted butter cream salt cayenne and mustard	Round	Toasted	Rings cut from whites of hard cooked eggs Riced hard-cooked egg yolks
Paté de foie gras	Round	Browned in butter	Riced hard-cooked eggs mixed with butter and seasoning piped around edge with pastry tube Inside border of hard-cooked egg whites Sprinkle with finely chopped parsley

## CANAPE SUGGESTIONS (continued)

SPREAD	SHAPE OF BREAD	PREPARATION OF BREAD	GARNISH
Sardines butter and Worcester shire sauce	Squares	Toasted	Stuffed olive in center border of chopped hard cooked egg whites
Smoked salmon and herring 2 of each Spread fried bread with anchovy butter and lemon juice On this place thin slices of fish	Rectangle	Fried in deep fat	Anchovy butter piped around rectangle with pastry tube

## COCKTAILS

Cocktails are made of fruit pieces, fruit or vegetable juice, carbonated or alcoholic beverages, or a combination of these. They may also be made of certain sea foods such as oysters, shrimp, crab, or lobster and served with a highly seasoned sauce.

## COCKTAIL SAUCE

AMOUNT	INGREDIENT	METHOD
1 qt	Chili sauce	Mix all ingredients and chill
1 pt	Catsup	
1 c	Lemon juice	
2 T	Onion juice	
2½ c	Celery chopped fine	
5 t	Worcestershire sauce	Yield approx 2 qt

NOTE This sauce may be used for clam crab meat lobster oyster or shrimp cocktail

## CRAB MEAT COCKTAIL

AMOUNT		INGREDIENT	METHOD
1 qt		Catsup	
	1 pt	Chili sauce	
	1½ c	Horseradish fresh grated	
	1 T	Worcestershire sauce	
	3 T	Onion juice	
	1½ c	Celery chopped fine	
	4 T	Green pepper chopped fine	
	2 t	Salt	
		Mix all the above ingredients	
		Chill	
		Pour sauce over crab meat	
4 qt		Crab meat flaked	Mixed
	¾ c	Lemon juice	
			Yield approx 4½ qt

NOTE This cocktail may be served in cocktail glasses tomato or lettuce cups with pimiento strips as a garnish Other shell fish may be substituted for crab

## SHRIMP COCKTAIL

AMOUNT	INGREDIENT	METHOD
17 lb (50 medium)	Tomatoes	Scoop out center of tomato and
	Fill tomato shells with	
2 lb	Shrimp cut ½ in pieces	Mixed
1 qt	Celery diced	
1 pt	Cucumber diced	
1 T	Lemon juice	
2 t	Salt	
1 t	Paprika	
2 t	Mustard prepared	

NOTE May be garnished with mayonnaise and whole shrimp and served on lettuce or watercress as a salad

## LIME COCKTAIL

AMOUNT	INGREDIENT	METHOD
1 gal	Lime ice	Place a No. 20 dipper in a sherbet dish
	Pour over ice	
7 c	Orange juice—Approximately 2 T per cup	

## MINTED PINEAPPLE COCKTAIL

AMOUNT	INGREDIENT	METHOD
2 No 10 cans 1 lb	Pineapple tidbits Mints (white soft)	} Mix just before serving

NOTE Garnish with a maraschino cherry

## FRUIT CUP OR COCKTAIL SUGGESTIONS

NAME	INGREDIENTS
Avocado	Cut avocado into cubes. Serve in small glasses with sauce made of 1 part catsup 2 parts orange juice and a few drops of onion juice
Avocado Grapefruit	Cut avocado into sections. Combine with grapefruit sections. Chill. Serve with cocktail sauce
Avocado Pineapple	Mix pineapple tidbits grapefruit segments and avocado cubes. Cover with a dressing made from pineapple juice honey and lemon juice
Banana	Cut bananas into $\frac{1}{4}$ in pieces. Arrange in cocktail dishes. Pour chilled crushed pineapple over bananas. Garnish with a fresh berry or maraschino cherry
Cranberry Grapefruit	Arrange grapefruit sections in cocktail dishes. Cover with chilled cranberry juice
Fruit Cocoanut	Combine diced orange sections pineapple and shredded cocoanut. Chill and serve
Grapefruit	Cut grapefruit in halves and remove centers and seeds. Cut fruit from skin with a sharp knife. Add 2 t butter and 1 oz sugar to each center. Broil in a hot oven until fruit turns a golden brown
Grapefruit Blackberry	Arrange grapefruit sections in cocktail dishes. Cover with chilled blackberry juice and a few berries
Honeydew	Combine chilled pineapple tidbits and juice with honeydew melon balls seedless grapes and a little grenadine sirup. Place a grape or ivy leaf under cocktail dishes
Mint Cup	Cubes of fresh or canned pineapple and pear with mint or lime ice
Maraschino Cup	Grapefruit and pineapple sections with maraschino ice
Melon Cup	Cut small round balls from heart of ripe watermelon cantaloupe or honeydew melon or use a combination of the three. Chill thoroughly. Cover with ginger ale and allow to stand $\frac{1}{2}$ hr. Drain before serving and cover with fresh ginger ale
Orange Cup	Orange sections with orange ice or orange sections sprinkled with powdered sugar covered with pineapple and lemon juice and garnished with mint leaf

## FRUIT CUP OR COCKTAIL SUGGESTIONS (continued)

NAME	INGREDIENTS
Pineapple Cup	Cubes of fresh pineapple and fresh strawberries
Raspberry Cup	Fresh raspberries topped with raspberry ice
Red Raspberry	Prepare fresh raspberries Add sugar Chill Place in cocktail dishes Add lime juice and garnish with mint leaves
Rhubarb-Strawberry	Cut rhubarb into pieces Cook sweeten Chill Combine with strawberries
Royal Anne	Combine Royal Anne cherries with crushed pineapple and add diced bananas and orange juice Chill
Strawberry	Arrange a few green leaves on each plate Form a mound of powdered sugar in the center Around the sugar arrange 5 or 6 large unhulled strawberries
Strawberry Cup	Fresh strawberries topped with strawberry ice
Vegetable	Separate raw cauliflower into small flowerets Mix with chili sauce lemon juice Worcestershire sauce Tabasco sauce salt and celery cut very fine Garnish with parsley and serve
White Grape	Prepare and chill small white grapes Serve in cocktail dishes with orange juice Garnish with Maraschino cherries

NOTE Ginger Ale may be poured over those recipes designated as Cups

## SPICED FRUIT COCKTAIL

AMOUNT	INGREDIENT	METHOD
1 lb	Sugar	Bring to boiling point and boil 1 min Strain Chill
1/2 stick	Cinnamon	
1 t	Cloves whole	
1 c	Water	
	Add	
1 No 10 can	Pineapple diced drained	
2 No 2 1/2 cans	Grapefruit	
12 oz	Tokay grapes	
1 qt	Fruit juice	

NOTE Garnish with a fresh mint leaf

For fruit and vegetable juice cocktails see Beverages

## BEVERAGES

Now to the banquet we press,  
 Now for the eggs and the ham  
 Now for the mustard and cress!  
 Now for the strawberry jam  
 Now for the tea of our host!

—W S GILBERT, *Fables*

## COCOA

AMOUNT	INGREDIENT	METHOD
1 lb      8 oz 8 oz ½ t	Sugar Cocoa Salt	} Mix
	Add	
1 qt	Water	} Mix until smooth Heat to boiling point boil 3 min
	Add to	
9 qt	Milk hot*	
Yield approx 2½ gal		

NOTE Beat well with French whip just before serving

Variations

- 1 Add a marshmallow to each cup just before serving
- 2 Add 2 oz butter
- 3 Add 1 t vanilla

\* Reconstructed dried milk p 6 may be used

## CHOCOLATE

AMOUNT	INGREDIENT	METHOD
1 lb	Chocolate	} Melt in a double boiler
	Add	
2 qt	Water boiling	} Stir until smooth Cook 30 min
	Add	
1 lb 8 oz ½ t	Sugar Salt	
8 qt	Add to Milk hot	} Beat until foamy Yield approx 2½ gal

## FRENCH CHOCOLATE

AMOUNT	INGREDIENT	METHOD
1 lb 2 oz 3 c	Chocolate Water cold	Combine and cook over direct heat 5 min stirring constantly Beat with a rotary beater until smooth
	Add	
1 lb 8 oz 1½ t	Sugar Salt	
	Return to fire and cook 5 min	
	Cool	
	Mix with	
3½ c	Cream whipped	

Place 1 rounded tablespoon of chocolate mixture in each serving cup and pour hot milk over it filling cup Stir well to blend Serve as soon as mixed

## Coffee

The method used to prepare coffee in large quantities will depend upon the equipment the amount to be made, the blend and kind of coffee and the chemical composition of the water Regardless of the method used in the preparation of coffee the following precautions should be observed The coffee must be (1) fresh and of a satisfactory blend (2) satisfactory grind and (3) accurately measured

Precautions in regard to water are quite as important as those for the coffee It should be (1) freshly drawn, (2) freshly boiled, and (3) accurately measured

## COFFEE

AMOUNT	INGREDIENT	METHOD
2½ to 3 gal	Water boiling	
	Add	
1 lb	Coffee	Mixed and placed in a large cloth bag
1 c	Water cold	
1	Egg	
	Bring to the boiling point (will require about 15 min)	
		Yield 2½ to 3 gal



## FOOD FOR FIFTY

## TEA (hot)

AMOUNT	INGREDIENT	METHOD
2 1/4 oz	Tea	} Place in a loose bag Place bag in an enamel or earthenware container
2 gal	Add Water boiling Steep for 3 min Remove bag	

NOTE The tea leaves may be placed in a sieve and boiling water poured slowly over them. The amount of tea to be used may vary with the quality

## RUSSIAN TEA

AMOUNT	INGREDIENT	METHOD
4 qt	Tea hot strong	} Mix
3/4 t	Cloves	
1 1/2 t	Cinnamon	
	Add	
2	Lemons, juice of	
4	Oranges juice of	
1 pt	Grape juice	
1 lb	Sugar	
	Strain and serve hot	
		Yield approx 5 qt

## SPICED TEA

AMOUNT	INGREDIENT	METHOD
6 qt	Water boiling	} Mix Let simmer 20 min
1 lb 8 oz	Sugar	
2	Lemons rind and juice	
4	Oranges rind and juice	
4 t	Whole cloves	
8 sticks	Cinnamon	} Let stand 5 min Yield approx 8 qt
	Pour over	
3 T	Tea Strain and serve hot	

## LEMONADE

AMOUNT	INGREDIENT	METHOD
1 $\frac{1}{4}$ qt	Lemon juice (approx 30 lemons)	} Mix
2 lb 8 oz	Sugar	
	Add	
9 qt	Water, cold	} Stir until dissolved
	Chill	
		Yield approx 2 $\frac{1}{2}$ gal

## SPICED CIDER (hot)

AMOUNT	INGREDIENT	METHOD
1 $\frac{1}{2}$ gal	Cider	
	Add	
4 lb	Sugar brown	
	Add	
10	Cinnamon sticks 2 in	} Tied loosely in a bag
2 $\frac{1}{2}$ T	Cloves whole	
2 $\frac{1}{2}$ T	Allspice	
1 $\frac{1}{2}$ t	Mace	
1 t	Salt	
1 g	Cayenne	
	Bring slowly to the boiling point	
	Boil 15 min Remove spices	Serve hot
		Yield approx 2 $\frac{1}{2}$ gal

## SPICED CIDER (cold)

AMOUNT	INGREDIENT	METHOD
2 gal	Cider	} Heat slowly stirring often Strain Chill
2 T	Cloves whole	
2 T	Allspice berries	
8	Cinnamon sticks 2 in	
	Add orange juice and lemon juice to taste	
		Yield approx 2 gal

## HOT SPICED TOMATO JUICE

AMOUNT	INGREDIENT	METHOD
3 qt	Tomato juice	Boil together 5 min Strain
8 oz	Onions	
3	Bay leaves	
12	Cloves	
1 T	Mustard	
6	Celery stalks	
1½ oz	Salt	
3 qt	Add Consomme Serve hot	
Yield 50 servings (½ c)		

## TOMATO JUICE I

AMOUNT	INGREDIENT	METHOD
6 qt	Tomato juice	Combine Heat to boiling point Boil 10 min Strain Chill Yield approx 6 qt
2 T	Salt	
12	Bay leaves	
1 oz	Cloves	

## TOMATO JUICE II

AMOUNT	INGREDIENT	METHOD
6 qt	Tomato juice	Mix ingredients Chill Yield approx 6 qt
½ c	Lemon juice	
2 T	Worcestershire sauce	
½ t	Tabasco sauce	
2 T	Celery salt	

NOTE For variety

- 1 Omit the seasonings use 4 qt tomato juice and 1 qt sauerkraut juice
- 2 Substitute yellow tomato juice for the regular tomato juice

## CRANBERRY JUICE

AMOUNT	INGREDIENT	METHOD
4 lb 8 oz 4½ qt	Cranberries Water Cloves whole	} Cook and strain
	Add	
1 lb 8 oz	Sugar	} Stir until dissolved Chill
	Just before serving add	
1½ c	Lemon juice	
		Yield approx 1 gal

NOTE For variety add an equal quantity of orange juice and serve hot

## FRUIT PUNCH

AMOUNT	INGREDIENT	METHOD
18 (size 150) 12 4 (size 80)	Oranges Lemons Grapefruit	} Extract juice
	Add	
4 lb	Sugar	} Stir until dissolved
	Add	
	Ice water—To make 2¾ gal of liquid	
	When ready to serve add	
1 qt	Ginger ale	
		Yield 3 gal

## GINGER ALE FRUIT PUNCH

AMOUNT	INGREDIENT	METHOD
1½ qt	Lemon juice	
1½ qt	Orange juice	
6 qt	Water	
4 lb	Sugar	
1 qt	Pineapple juice	
	When ready to serve add	
1 qt	Ginger ale	
		Yield 3 gal

NOTE Lime ice may be added to the punch just before serving

## GRAPE PUNCH

AMOUNT	INGREDIENT	METHOD
4 qt 1 qt 1 pt	Grape juice Lemon juice Orange juice	
2 lb 6½ qt	Add Sugar Water	} Stirred until sugar is dissolved Yield 3 gal

## PUNCH (with tea base)

AMOUNT	INGREDIENT	METHOD
1 lb 12 oz 1 c 1 c 1 pt 1 pt	Sugar Lemon juice Orange juice Grape juice Tea infusion (1 T tea to 1 pt water Let stand 4 min )	
7 qt 1 lb 1 lb	Water Pineapple shredded Cherries	Yield approx 2½ gal

## RHUBARB PUNCH

AMOUNT	INGREDIENT	METHOD
8 lb 4 lb 3 qt	Rhubarb tender Sugar Water	} Cook below boiling point and strain (There should be 1 gal of juice ) Chill
1 qt 1 pt	Just before serving add Pineapple juice Ginger ale	
		Yield approx 5½ qt

NOTE The cocktail should be a delicate pink color

## BREADS

Behind the nutty loaf is the mill wheel behind the mill is  
the wheat field on the wheat field rests the sunlight above the  
sun is God

—JAMES RUSSELL LOWELL

### BOSTON BROWN BREAD

AMOUNT	INGREDIENT	METHOD
1 lb 12 oz	Cornmeal	} Mix
1 lb	Flour whole wheat	
2 lb	Flour white	
2 T	Salt	
	Add	
1 qt	Sorghum	} Mixed
2 oz	Soda	
2 qt	Milk sour	
8 oz	Fat melted	
	Fill 14 cans (5 x 3 1/4 in ) 3/4 full	
Cover and steam 1 1/2 to 2 hr		

### BROWN BREAD

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz	Sugar brown	} Mix
4	Eggs	
6 oz	Fat melted	
	Add alternately	
2 qt	Milk sour	} Mixed
2 1/2 T	Soda	
1 1/4 c	Molasses	
	and	
4 lb	Flour whole wheat	
1 T	Salt	
	Pour into oiled pans 4 x 9 in	
Bake 45 min 375°F		Yield 7 loaves
NOTE: For pecan brown bread add 1 1/2 c chopped pecans		

## GRAPE PUNCH

AMOUNT	INGREDIENT	METHOD
4 qt 1 qt 1 pt	Grape juice Lemon juice Orange juice	
2 lb 6½ qt	Add Sugar Water	} Stirred until sugar is dissolved Yield 3 gal

## PUNCH (with tea base)

AMOUNT	INGREDIENT	METHOD
1 lb 12 oz 1 c 1 c 1 pt 1 pt	Sugar Lemon juice Orange juice Grape juice Tea infusion (1 T tea to 1 pt water Let stand 4 min)	
7 qt 1 lb 1 lb	Water Pineapple shredded Cherries	Yield approx 2½ gal

## RHUBARB PUNCH

AMOUNT	INGREDIENT	METHOD
8 lb 4 lb 3 qt	Rhubarb tender Sugar Water	} Cook below boiling point and strain (There should be 1 gal of juice) Chill
1 qt 1 pt	Just before serving add Pineapple juice Ginger ale	
		Yield approx 5½ qt

NOTE The cocktail should be a delicate pink color

## BREADS

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the wheat field on the wheat field rests the sunlight above the  
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### BOSTON BROWN BREAD

AMOUNT		INGREDIENT	METHOD
1 lb	12 oz	Cornmeal	} Mix
2 lb		Flour whole wheat	
2 lb		Flour white	
	2 T	Salt	
		Add	
1 qt		Sorghum	} Mixed
	2 oz	Soda	
2 qt		Milk sour	
	8 oz	Fat melted	
Fill 14 cans (5 x 3 1/4 in ) 3/4 full			
Cover and steam 1 1/2 to 2 hr			

Cover and steam 1 1/2 to 2 hr

### BROWN BREAD

AMOUNT			INGREDIENT	METHOD
1 lb	8 oz		Sugar brown	} Mix
	4		Eggs	
	6 oz		Fat melted	
			Add alternately	
2 qt			Milk sour	} Mixed
	2 1/2 T		Soda	
	1 1/4 c		Molasses	
			and	
4 lb			Flour whole wheat	
	1 T		Salt	
Pour into oiled pans 4 x 9 in				

Bake 45 min 375 F

Yield 7 loaves

NOTE For pecan brown bread add 1 1/2 c chopped pecans



## NUT BREAD

AMOUNT	INGREDIENT	METHOD
3 lb 1 oz	Flour	} Mix
1 lb	Baking powder	
1 T	Nuts chopped	
8 oz	Salt	
	Sugar	} Combined
	Add	
1½ qt 6	Milk	
	Eggs, beaten	
	Add	} Combined
4 oz	Fat melted	

Pour the mixture into oiled loaf pans approximately 4 x 9 in and let stand 30 min  
 Bake 1 hr 375°F Yield 5 loaves

## ORANGE BREAD

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz	Orange peel cut fine	} Boil 20 min
1 qt	Water	
1 T	Salt	} Drain
	Add	
2 lb	Sugar	} Boil until ¼ c sirup is left
1½ c	Water	
	Drain sirup from peel	
	Cool To the sirup	
	Add	} Mixed
4	Eggs beaten	
1 qt	Milk	
1 T	Baking powder	
1 lb 12 oz	Flour	} Mixed
	Add	
	Orange peel	
1 oz	Flour	} Mixed
	Pour into 6 oiled pans approx 3½ x 9 in	

Bake 1 hr 325°F

NOTE The orange sirup with peel may be used in the preparation of orange rolls

## COFFEE CAKE

AMOUNT	INGREDIENT	METHOD
3 lb 1 L oz	Flour	} Mix
2 1/2 oz	Baking powder	
2 T	Salt	
10 oz	Sugar	
1 t	Nutmeg	
	Add	
2 qt 10	Eggs beaten	} Mixed
	Milk	
	Add	
5 oz	Fat melted	} Mix
	Pour into two 12 x 18 in pans	
	Pour over batter	
11 oz	Butter melted	} Mixed
	Sprinkle with sugar mixture	
1 lb	Sugar	
2 1/2 oz	Flour	
3 T	Cinnamon	
2 t	Salt	

Bake 25 min 400°F

## SPICED COFFEE CAKE

AMOUNT	INGREDIENT	METHOD
2 lb 1 L oz	Sugar brown	} Cream
14 oz	Fat	
	Add	
8 oz	Flour	} Mixed
1 T	Cinnamon	
2 t	Salt	
	Save 2 1/2 c of sugar flour mixture to sprinkle on top	
	Add	
2 lb	Flour	} Mixed
4 t	Baking powder	
	Add	
1 1/2 pt	Milk sour	} Mixed
2 t	Soda	
	Add	
4	Eggs beaten	
	Pour into an oiled pan 12 x 24 in	
	Cover with sugar flour mixture	

Bake approx 25 min 400 F

Yield 60 servings

## FOOD FOR FIFTY

## CORN BREAD

AMOUNT	INGREDIENT	METHOD
1 lb 11 oz	Cornmeal	} Sift together
1 lb 12 oz	Flour	
10 oz	Sugar	
1 T	Salt	
3 oz	Baking powder	} Add
1 1/2 qt	Milk	
■	Eggs well beaten	} Add and mix thoroughly
3 oz	fat melted	

Bake 25 min 400 F

Yield two pans 12 x 18 in

## SPOON BREAD

AMOUNT	INGREDIENT	METHOD
6 3/4 c	Milk	} Scald
2 lb	Add Cornmeal	} Mix and cook approx 5 min
2 oz	Salt	
30	Add slowly Eggs beaten	} Pour into 2 pans 9 x 15 in and place in pans of hot water
7 oz	Butter melted	
2 1/2 oz	Baking powder	

Bake 45 min 350°F

Yield 50 servings

## FRENCH TOAST

AMOUNT	INGREDIENT	METHOD
18	Eggs beaten	} Mix
1 1/2 qt	Milk	
1 T	Salt	
5 oz	Sugar	
	Dip slices of bread into mixture	} Yield 50 servings
	Fry on a well oiled griddle	

Note Sugar may be omitted

## BISCUITS

AMOUNT	INGREDIENT	METHOD
5 lb 5 oz 1½ oz	Flour Baking powder Salt	} Mix
1 lb 4 oz	Fat	
	Add	} Blend with dry mixture
1¼ to 2 qt	Milk	
	Add	} Mix well

Place one half of dough on floured board and knead for one minute  
 Roll or pat to ¾ in thickness and cut with a 2¼ in cutter Place on baking  
 sheet Repeat using remaining dough  
 Bake 15 min 425 F

Yield 100 biscuits

## VARIATIONS OF PLAIN BISCUITS

KIND	CHANGES IN PLAIN RECIPE
Drop	Add 1 qt of milk Drop from spoon on oiled baking sheet
Cheese	Use 4 oz less fat and add 1 lb dry grated cheese
Cinnamon	Divide dough into 8 parts Roll each part into a rectangular sheet ¼ in thick Spread with a mixture of 1 lb sugar 2 oz cinnamon and 1 lb of raisins Roll the dough and cut off slices ¾ in thick Bake 15 min 375°F
Butterscotch	Proceed as for cinnamon biscuits Spread with melted butter and brown sugar
Cream	Substitute coffee cream for milk and 8 oz of the fat
Nut	Proceed as for plain biscuit Cut with fancy cutter sprinkle with 2 c finely chopped nuts and 1 c sugar mixed
Whole Wheat	Substitute 2 lb of whole wheat flour for 2 lb of white flour
Sweet Potato	Add 1 T of baking powder to dry ingredients and 4 c of mashed sweet potatoes to milk
Filled	Roll dough into a sheet ¾ in thick Cut dough with a cutter 1¾ in in diameter Cut out centers of half the biscuits using a cutter ¾ in in diameter Place biscuit ring on a whole biscuit Fill centers with ½ oz jam
Orange	Proceed as for cinnamon rolls Spread with orange marmalade
Shortcake	Add 8 oz fat and 8 oz of sugar

## MUFFINS (plain)

AMOUNT	INGREDIENT	METHOD
2 lb 8 oz	Flour	} Mix
2 oz	Baking powder	
1½ T	Salt	
6 oz	Sugar	
1½ qt	4 Eggs beaten	} Mixed
	Milk	
8 oz	Add Fat melted	} Mix
	Use a No 20 dipper to fill muffin tins	

Bake 25 min 400° F

Yield 5 doz

NOTE Stir only enough to mix

## VARIATIONS OF PLAIN MUFFINS

KIND	CHANGES IN PLAIN RECIPE
Date	Add 1 lb chopped dates
Bacon	Substitute 10 oz chopped bacon slightly broiled and its fat for the fat of plain muffins
Cornmeal	Substitute 1 lb white cornmeal for 1 lb of flour
Jelly	Drop ½ to ¼ t jelly on top of each muffin when placed in oven
Berry	(a) Combine 1 lb fresh berries with the flour and add 4 oz sugar (b) Add 2 c well drained cooked berries to the liquid ingredients
Cranberry	Add 1 lb raw cranberries and 4 oz sugar
Nut	Add 12 oz chopped nuts
Raisin Nut	Add 6 oz chopped nuts and 8 oz chopped raisins
All Bran	Add 1 egg 6 oz All Bran and 1 oz sugar
Fig	Add 2 c drained chopped canned figs to the liquid ingredients
Currant	Add 8 oz chopped currants
Apricot	Add 3 c drained chopped dried apricots to the liquid ingredients
Spiced	Add 1½ t cloves 1 t ginger and 1 t allspice to the dry ingredients
Vanilla	Add 2 t vanilla to liquid ingredients
Pineapple	Use 1 c less milk and add 12 oz crushed pineapple (drained) to liquid ingredients

## GRAHAM GEMS

AMOUNT	INGREDIENT	METHOD
2 lb	Flour	} Mix together
1 lb	Flour graham	
6 oz	Sugar	
4 oz	Baking powder	
1½ oz	Salt	} Mixed
	Add	
6	Eggs beaten	
1¾ qt	Milk	
1 T	Molasses	} Mix
	Add	
11 oz	Fat melted	
	Measure with a No 20 dipper	

Bake 30 min 400 F

Yield approx 6 doz

NOTE Stir only enough to mix

## HONEY CORNFLAKE MUFFINS

AMOUNT	INGREDIENT	METHOD
8 oz	Fat	} Cream
11 oz	Honey	
	Add	} Mixed
4	Eggs well beaten	
	Add milk alternately with flour mixture	
1 qt	Milk	
1 lb	Flour	} Mixed
12 oz	Baking powder	
2½ oz	Salt	
1 t		
	Add	} Measure with a No 16 dipper
8 oz	Cornflakes	

Bake 20 min 400 F

Yield 48 muffins

NOTE All Bran may be substituted for cornflakes Soak All Bran in the milk for 5 min

## CORN FRITTERS

AMOUNT	INGREDIENT	METHOD
2 lb	Flour	} Sift together
1 1/3 c	Salt	
4 T	Baking powder	
2 T	Sugar	
	Add	
1 qt	Eggs beaten	} Mixed
6	Milk	
3 oz	Fat melted	
1 1/2 pt	Corn drained	
	Mix measure with a No 24 dipper (scant) Fry in deep fat	
Fry approx 2 to 5 min 375°F		Yield 100 small fritters

## DUMPLINGS

AMOUNT	INGREDIENT	METHOD
2 lb	Flour (or more)	} Mix
8 oz	Baking powder	
3 oz	Salt	
1 1/2 oz		
	Add	
6	Eggs beaten	} Combined
5 1/2 c	Milk	
	Mix well	

Dip with a No 24 dipper and drop on oiled trays

Do not cover trays Place in steamer

Steam 12 to 15 min under pressure

NOTE Serve with meat stew

## GRIDDLE CAKES

AMOUNT	INGREDIENT	METHOD
2 lb	Flour sifted	} Sift together
4 oz	Baking powder	
1 T	Salt	
6 oz	Sugar	
	Add and mix thoroughly	
1 1/2 qt	Eggs beaten	} Combined
6	Milk	
6 oz	Fat melted	

Dip batter with No 16 dipper and place on griddle Bake on one side until firm around edge and full of bubbles Turn and finish baking

Bake approx 3 to 4 min

25 servings 2 cakes per serving

## SWEDISH TIMBALE CASE BATTER

AMOUNT	INGREDIENT	METHOD
3	Eggs beaten	} Mix
1½ c	Milk	
1½ t	Oil or melted fat	
	Add	
6 oz	Flour	} Mixed
1 t	Salt	
1½ t	Sugar	
	Stir until smooth Pour into a cup and let stand until the air bubbles have come to the top Fry with a timbale iron in deep fat	

Fry 380° to 390 F until brown

NOTE This recipe may be used to make either rosettes or timbales Serve timbales filled with creamed chicken or peas Serve rosettes sprinkled with powdered sugar heaped with fresh or preserved fruits and garnished with whipped or ice cream or may be used the same as timbales

## WAFFLES

AMOUNT	INGREDIENT	METHOD
3 lb	Flour sifted	} Sift together
6 T	Baking powder	
2 T	Salt	
4 oz	Sugar	
	Add	
1b	Egg yolks beaten	} Combined
2¼ qt	Milk	
	Add	
1 lb	Fat melted	
	Fold in	
1b	Egg whites beaten stiffly	

Bake on a hot waffle iron

Yield 1½ gal batter

NOTE Serve immediately with sirup and butter or with creamed chicken

For variety add

1 Chopped pecans 6 oz

2 All bran 4 oz

3 One lb chopped bacon slightly broiled and substitute its fat for the fat of waffles

Or substitute

1 1-oz fine cornmeal for 8 oz flour



## FOOD FOR FIFTY

## PLAIN ROLLS

AMOUNT	INGREDIENT	METHOD
1½ qt	Milk	Scald
	Pour over	
4 oz	Sugar	} Let cool until lukewarm
2½ T	Salt	
12 oz	Fat	
3 oz	Yeast (6 cakes)	Stir
	Add	
4 lb 12 oz	Flour	Mix thoroughly
	1 Turn into greased pan and let rise until double in bulk	
	2 Knead and let rise again	
	3 Knead shape and let rise	
	4 Bake	

Bake 15 to 20 min 425 F

Yield 100 rolls

NOTE It will require about 4 to 5 hr for mixing and rising

## VARIATIONS OF PLAIN ROLLS

KIND	CHANGES IN PLAIN RECIPE
Butterhorn	When dough has doubled in bulk roll to ¼ in thickness Cut 3 in triangles of dough brush with melted butter Roll each triangle to the center starting with wide side Brush again with melted butter
Parkerhouse	When dough has doubled in bulk roll to ⅓ in thickness Cut rounds 2 to 2½ in in diameter Crease middle of each round with dull edge of knife Brush half of each round with melted butter fold over press together with palm of hand
Cloverleaf	Shape small bits of dough mixture into balls Fit into oiled muffin pans allowing 3 balls for each roll
Cinnamon	Roll dough ⅓ in thick spread with melted butter and 3 T cinnamon mixed with 4 c brown or white sugar and 1 c raisins Roll dough as for jelly roll cut in slices ⅓ in thick Place (cut surface down) in well greased pans or muffin tins When removed from oven spread over top 1 c powdered sugar mixed with ½ c milk
Orange	To make orange rolls spread with orange sirup (See Orange Bread recipe p 54) Proceed as for Cinnamon Rolls
Hot Cross Buns	Cut rounds ⅓ in thick 3 in in diameter Brush top with beaten egg Score top of bun to make cross before baking or after baking make a cross on top with frosting

## VARIATIONS OF PLAIN ROLLS (continued)

KIND	CHANGES IN PLAIN RECIPE
Crescents	Roll $\frac{1}{4}$ in thick Cut into 4 in squares Cut these into 2 triangles brush top with melted fat Begin at base roll each triangle keeping point in middle of roll and bringing ends toward each other to form a crescent shape Place on oiled baking sheet some distance apart
Pecan Rolls	Shape as for cloverleaf or cinnamon rolls In the bottom of each muffin pan place a portion of melted fat brown sugar and pecans mixed Use $2\frac{1}{2}$ lb sugar 12 oz pecans 8 oz fat Invert pan as soon as removed from oven
Twists	Roll dough $\frac{1}{3}$ in thick spread with melted butter sugar and cinnamon Cut into strips $\frac{1}{2}$ in x 8 in bring the two ends together and twist dough
Poppy Seed	(1) Proceed as for Twists Substitute poppy seeds for sugar and cinnamon (2) Proceed as for Cinnamon Rolls Substitute poppy seed for sugar cinnamon and raisins
Sesame	Proceed as for Twin Rolls Brush top with melted fat and sprinkle with sesame seeds
Bow Knot	Roll dough $\frac{1}{3}$ in thick Spread with melted butter Cut into strips $\frac{1}{2}$ in x 9 in Tie loosely into a single knot
Twin	Roll dough $\frac{5}{8}$ in thick Cut rounds 1 in in diameter Place in well oiled muffin pans allowing 2 rounds for each roll
Half and Half	Proceed as for Twin Rolls Use 1 round of plain dough and 1 round of whole wheat dough for each roll
Ribbon	Roll dough $\frac{1}{4}$ in thick Spread with melted butter Place on top of this a layer of whole wheat dough rolled to the same thickness Repeat using the contrasting dough until five layers thick Cut with a $1\frac{1}{2}$ in cutter Place in oiled muffin pans with cut surface down
Cheese	Proceed as for Cinnamon Rolls Use grated well ripened cheese in place of cinnamon sugar and raisins
Whole Wheat	Substitute 2 lb and 6 oz of whole wheat flour for 2 lb and 6 oz of white flour Proceed as for plain rolls

## ICE BOX ROLLS

AMOUNT	INGREDIENT	METHOD
1½ qt	Milk	Place in a pan and bring to the boiling point Let cool until lukewarm
1½ c	Potatoes mashed	
12 oz	Sugar	
12 oz	Fat	
2 oz	Salt	
	Add	
½ T	Soda	Dissolved
1½ oz	Yeast (3 cakes compressed)	
1 T	Baking powder	
4 lb	Flour—Add only enough to make a stiff batter Let rise 15 min	

Add flour to make a stiff dough Knead and put in ice box for 24 hr Before using remove from ice box mold and let rise 1 to 1½ hr

Bake 15 to 20 min 425°F

Yield 6 doz

## BRAN ROLLS

AMOUNT	INGREDIENT	METHOD
1 lb	Fat	Mix Stir until fat is melted Let stand until mixture is lukewarm
1 pt	Water boiling	
12 oz	Sugar	
1 T	Salt	
4 oz	All Bran	
	Add	
2 oz (4 cakes)	Yeast compressed	Dissolved
1 pt	Water lukewarm	
	Add	
4	Eggs beaten	
	Add	
3 lb	Flour (more if necessary)	Beat thoroughly

Cover and place in refrigerator over night or until ready to use Remove from refrigerator form balls of dough to half fill muffin tins Let rise 2 hr  
Bake 15 min 425°F Yield 6 doz

## RAISED MUFFINS

AMOUNT	INGREDIENT	METHOD
1½ qt	Milk	} Scald
	Pour over	
- oz	Salt	} Let cool until lukewarm
12 oz	Sugar	
9 oz	Fat	
	Add	
3 oz	Yeast compressed	} Dissolved
1½ c	Water lukewarm	
	Add	
12	Eggs beaten	
	Add	
2 lb	Flour	} Beat Let rise in a warm place for 1½ hr
	Add	
2 lb 12 oz (approx)	Flour	} Beat

Use a No. 20 dipper to fill muffin tins Let rise until double in bulk (approx 1 hr)  
 Bake 20 min 350 F Yield 8 doz

## BUTTER BUNS

AMOUNT	INGREDIENT	METHOD
1 qt	Milk	} Scald and let cool until lukewarm
	Add	
4 oz	Yeast	
	Add	
1 lb	Sugar	} Creamed
1 lb	Butter	
	Add and mix thoroughly	
12	Eggs beaten	
16	Egg yolks beaten	
4 lb	Flour	
	Salt	
	Lemon extract	

Let rise until double in bulk Use a No. 30 dipper to fill muffin tins Let rise 1 hr  
 Bake 15 to 20 min 400 F Yield 10 doz

## NORWEGIAN SPICE BREAD

AMOUNT		INGREDIENT	METHOD
1 lb	1 oz ¼ c	Yeast Water lukewarm	} Dissolve
		Add	
	1 pt	Milk scalded and cooled to lukewarm	
	8 oz	Flour	
	1 t	Cardamon seed crushed	
		Add	
	8 oz	Butter	} Mix
	8 oz	Sugar	
	1 t	Salt	
		Flour (or more)	
		(Mixture should be consistency of loaf cake batter)	
		Add	
	12 oz	Raisins	} Dusted with flour
	4 oz	Citron	
	1 Let dough rise until double in bulk		
	2 Stir down and let rise again until double in bulk		
	3 Turn onto floured board divide into 5 loaves and shape		
	4 Place in greased pans		
	5 Let rise until almost double in bulk		
	6 Brush top of loaves with egg and milk		
Bake 50 to 60 min 350°F			Yield 5 loaves



## CAKES AND COOKIES

Fame is it best in imperforming cheat  
But tis substantial happiness to eat

—Pipe Prologue to *Durfee's Last Play*

### ANGEL FOOD CAKE (SARA JANE'S)

AMOUNT	INGREDIENT	METHOD
1 $\frac{3}{4}$ E	Egg whites	} Beat until frothy
	Add	
1 $\frac{1}{4}$ t	Salt	} Continue beating until eggs are just stiff enough to hold shape
2 t	Cream of tartar	
	Add 1 T at a time	
8 oz	Sugar	
	Add	
1 to 1 $\frac{1}{2}$ t	Vanilla	} Continue beating for 2 min
	Add gradually, folding in lightly	
4 oz	Sugar	} Mixed Sifted 3 times
4 oz	Flour pastry	
	Continue folding 2 min after last addition of mixture Pour into an extra size pan	

Bake 45 to 55 min 325 F or (35 min 400 F aluminum pan)

Yield 12 to 20 servings

NOTE Chopped candied fruits, dates or nuts may be added to make Tutti Frutti  
Cake For Chocolate Angel Food substitute 1 $\frac{1}{2}$  oz cocoa for 1 $\frac{1}{2}$  oz  
flour

For variety cut a slice from top of cake Remove some of inside leaving a  
3 $\frac{1}{4}$  in wall Fill case with any gelatin mixture Replace top of cake  
cover with icing and garnish with almonds and cherries

Either frozen or fresh egg whites may be used The frozen egg whites  
should be approx 70 F when whipped

## YELLOW ANGEL FOOD (EGG YOLK SPONGE CAKE)

AMOUNT	INGREDIENT	METHOD
12	Egg yolks well beaten	
11 T ¼ t	Add Water boiling Salt	} Beat until very light approx 5 min
¾ c	Add Sugar sifted	
1½ c 1 c	Add gradually folding in lightly Sugar Flour cake	} 1 T at a time beat well while adding  } Mixed sifted 3 times
1½ t ¾ c	Fold in gradually alternately Baking powder Flour cake and	
1 T 1 t	Lemon juice Lemon rind grated	
1 t ½ t	Add Vanilla extract Lemon extract	} Continue folding 2 min
	Pour into extra size pan	

Bake 60 to 65 min 312°F lower temperature to 300°F and bake 10 min longer  
Yield 18 to 20 servings

## CHIP CHOCOLATE CAKE

AMOUNT	INGREDIENT	METHOD
1 lb 1 lb 8 oz	Butter Sugar	} Cream
2 lb 1½ oz 2 t	Add alternately Flour Baking powder Salt and	
1 qt 8 oz 2 T	Milk Fold into mixture Chocolate chipped Vanilla Fold into mixture	} Sifted together
12	Egg whites	

Bake 25 min 350 F

Yield six 9-in layers

## PLAIN CAKE

AMOUNT	INGREDIENT	METHOD
1 lb 4 oz 5 oz 2 T	Flour Fat Baking powder	Mix 2 min in mixer bowl (low speed) Scrape down bowl and mix 3 min more
	Add	
1 lb 9 oz 1 t 1 c	Sugar Salt Milk	Mix 2 min (low speed) and scrape down bowl mix 3 min more
	Add $\frac{1}{2}$ following mixture	mix 30 sec Scrape down bowl mix 1 min
	Add remainder of mixture	Mix 1 min
	Scrape down Mix $2\frac{1}{2}$ min	
4 1 $\frac{1}{3}$ c 1 T	Eggs whole Milk Vanilla	Mixed
	Pour into oiled pan 12 in x 20 in	

Bake 30 to 35 min 350 F

Yield approx 40 servings

NOTE 2 c of water may be substituted for the  $2\frac{1}{3}$  c of milk

## VARIATIONS OF PLAIN CAKE

KIND	CHANGES IN PLAIN RECIPE
Dutch Apple Cake	After the cake batter is poured into baking pan arrange in rows $2\frac{1}{2}$ lb of pared sliced apples Sprinkle over the top $\frac{1}{2}$ c sugar and 1 t cinnamon mixed
Cottage Pudding	Cut cake into squares and serve with a No. 10 dipper of fruit sauce or other sauce
Spice Cake	Add 1 T cocoa 2 t cinnamon $\frac{1}{2}$ t cloves and 1 t nutmeg
Washington Cream Pie	Use $1\frac{1}{2}$ x recipe and bake in twelve 9-in. layers Put the layers together with cream filling
Upside Down Cake	Place 1 No. 10 can of crushed pineapple (or tid bits) drained 6 oz butter 1 lb brown sugar and 8 oz chopped nutmeats in the bottom of the cake pan Pour over the mixture 1 x plain cake recipe ( $2\frac{1}{2}$ lb A P dried apricots may be cooked and used in place of the pineapple)
Chocolate Cake	Omit 6 oz flour and add 3 oz melted chocolate to the fat and flour
Marble Cake	Divide batter into 2 portions after mixing To 1 portion add 1 T cocoa 1 t cinnamon $\frac{1}{2}$ t cloves and $\frac{1}{2}$ t nutmeg Place spoonfuls of batters alternately in cake pans mix slightly
Lazy Daisy Cake	Mix 6 oz butter (melted) 10 oz brown sugar 12 oz cocoanut and $\frac{1}{2}$ c cream (enough cream to moisten) Spread over Plain Cake (baked) and brown under broiler



## WHITE CAKE

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz	Flour	} Mix 2 min in mixer bowl (low speed) Scrape down bowl and mix 3 min more
12 oz	Fat	
1 oz	Baking powder	
	Add	
1 lb 8 oz	Sugar	} Mix 2 min (low speed) and scrape down bowl mix 3 min more
1½ t	Salt	
1 c	Milk	
	Add ½ following mixture mix 30 sec	} Scrape down bowl mix 1 min Add remainder of mixture Mix 1 min Scrape down Mix 2½ min
8	Egg whites	
1¼ c	Milk	
1 T	Vanilla	} Mixed
	Pour into oiled pan 12 in x 20 in or into four 9-in layer pans	

Bake 30 to 35 min 350°F

NOTE Do not use this method if less than the above quantity is made

## BANANA CAKE

AMOUNT	INGREDIENT	METHOD
12 oz	Butter	} Cream
1 lb 8 oz	Sugar	
	Add	
3 c	Bananas crushed	
	Add	
6	Eggs	} Mix well
	Add alternately	
1 lb 8 oz	Flour	} Mixed
¾ t	Salt	
1½ T	Baking powder	
	and	
¾ c	Milk sour	} Mixed
½ T	Soda	
1 T	Vanilla	

Bake 25 to 30 min 350°F

Yield six 9-in layers

## POPPY SEED CAKE

AMOUNT	INGREDIENT	METHOD
12 oz 2 1/4 c	Poppy seeds Milk	} Soak 1 hr
	Add to	
1 lb 2 oz 2 lb 4 oz	Butter Sugar	} Creamed
	Add	
1 lb 8 oz 2 T	Flour pastry Baking powder	} Sifted
	Add	
1 T	Vanilla	
	Fold into mixture	
12	Egg whites stiffly beaten	
Bake 25 to 30 min 350 F		Yield six 9-in layers

## BURNT SUGAR CAKE

AMOUNT	INGREDIENT	METHOD
12 oz 2 lb	Butter Sugar	} Cream
	Add	
6	Egg yolks beaten	
	Add alternately	
1 1/2 c 1 1/2 c 9 T 1 T	Milk Water Sirup burnt sugar Vanilla	} Mixed
	and	
1 lb 10 oz 2 T	Flour Baking powder	} Mixed
	Fold in	
6	Egg whites beaten	
	Pour into 6 oiled 9-in cake pans	
Bake approx 25 min 375°F		Yield six 9-in layers

## APPLESAUCE CAKE

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz 12 oz	Sugar Shortening	} Cream 15 min (second speed)
6 1½ t	Add Eggs beaten Salt	
		} Cream 5 min (second speed)
	Add water and flour mixture alternately	
1 lb 1 pt 6 oz	Water Flour cake	} Mixed
2 t	Cinnamon	
2 t	Cloves	
½ t	Soda	
1 t	Nutmeg	
2 T	Baking powder	
	Add	
1 lb 1 pt 8 oz	Apples cooked drain d sieved Raisins Nuts chopped	
Bake 35 min 350°F		Yield four 9-in layers

## FUDGE CAKE

AMOUNT	INGREDIENT	METHOD
2 lb 12 oz	Fat	} Cream
	Sugar	
6	Add Eggs	} Beat well
	Add alternately	
1½ pt	Milk sour—and	} Mixed
5 oz	Cocoa	
1½ T	Soda	
1½ c	Water hot	
	and	
1 lb 12 oz	Flour pastry	
Bake 15 to 30 min 350°F		Yield six 9-in layers

## CHOCOLATE ROLL

AMOUNT	INGREDIENT	METHOD
-4	Eggs yolk beaten	
	Add	
2 lb 4 oz	Sugar	} Mix
	Add	
12 oz	Chocolate melted	
2 T	Vanilla	
	Add	
9 oz	Flour cake	} Mixed
1 T	Baking powder	
1 1/2 t	Salt	
	Fold in	
24	Egg whites beaten	
	Pour into four 12 x 20-in pans lined with waxed paper	

Bake 20 min 325°F

Yield 48 servings

NOTE Trim edges turn onto cloth remove waxed paper Cover with custard filling fluffy icing or quick icing flavored with peppermint Roll as jelly roll while hot

## JELLY ROLL

AMOUNT	INGREDIENT	METHOD
15	Eggs whole	} Beat well
	Add	
1 lb 8 oz	Sugar	} Mix well
	Fold in	
12 oz	Flour	} Sifted together
1 T	Cream of tartar	
2 T	Baking powder	
	Add	
3/4 t	Lemon extract	
	Pour into three 12 x 20-in pans lined with waxed paper	

Bake 12 min 425°F

Yield 48 servings

NOTE Trim edges turn onto cloth remove waxed paper Cover with custard filling fruit jam or jelly Roll while hot

## FRUIT CAKE

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz	Butter	} Cream
	Sugar	
	Add	
4	Eggs beaten	} Mix well
	Add	
8 oz	Jelly	} Partially mix
2 t	Cinnamon	
2 t	Cloves	
2 t	(Soda dissolved in	
1½ c	cold coffee infusion	
2 lb	Raisins	
1 lb	Currants	
1 lb	Dates	
8 oz	Nutmeats	
	Add	
1 lb 4 oz	Flour	
Pour into 4 pans (3½ in x 9 in) that have been lined with a double thickness of waxed paper		
Bake 2 hr and 15 min 250 F		Yield approx 8 lb

## GINGERBREAD

AMOUNT	INGREDIENT	METHOD
1 lb	Fat	} Cream
1 lb	Sugar	
	Add	
1 qt	Sorghum	
	Add alternately flour mixture and water	
2 lb 8 oz	Flour	} Mixed
4 t	Cinnamon	
4 t	Cloves	
4 t	Ginger	
1 qt	Water hot	} Combined
1½ oz	Soda	
	Add	
8	Eggs beaten	
Pour into 12 in x 20-in oiled baking pan		

Bake 45 to 50 min 325°F Yield approx 60 servings  
 NOTE For Almond Meringue Gingerbread cover baked gingerbread with meringue sprinkle with almonds and brown in a moderate oven

ORANGE CUP CAKES

AMOUNT			INGREDIENT	METHOD
1 lb	10 oz		Fat	} Cream
	1 oz		Sugar	
			Add	
	1 T		Vanilla	} Mix until smooth
	5		Eggs beaten	
			Add	
	7 oz		Raisins ground	
	3		Orange rinds grated	
			Add alternately	
	3 $\frac{3}{4}$ c		Milk sour	
1 lb	8 oz		Flour and pastry	} Mixed
	$\frac{1}{4}$ T		Soda	
	1 $\frac{1}{2}$ oz		Baking powder	
	$\frac{1}{4}$ t		Salt	
			Mix only until smooth	Use a No 30 dipper to fill
			muffin tins	
Bake 25 min 375°F				Yield 50 cakes

SUGAR COOKIES

AMOUNT			INGREDIENT	METHOD
1 lb	8 oz		Sugar	} Cream
			Fat	
			Add	
	4		Egg yolks beaten	} Mix
			Add	
	8 oz		Flour	} Mixed
	$\frac{3}{4}$ t		Salt	
	2 t		Cream of tartar	
	1 t		Soda	
			Mix thoroughly add	
	4		Egg whites beaten	
	1 t		Vanilla	
			Add	
	8 oz		Flour or enough to make a soft dough	
			Roll dough on floured board to $\frac{3}{8}$ in thickness Cut into desired shapes	
Bake approx 10 min 400 F				Yield approx 100 cookies

## VARIATIONS OF SUGAR COOKIES

KIND	CHANGES IN PLAIN RECIPE
Autumn	Cut rolled dough with leaf cutters Sprinkle lightly with yellow orange or red sugar
Cocoanut	Cut rolled dough with a round cookie cutter Brush each cookie with melted fat and sprinkle with shredded cocoanut
Confetti Strips	Cut rolled dough into strips $3\frac{1}{2}$ inches long and 1 inch wide with a pastry wheel Brush with melted fat and sprinkle with tiny multicolored candies
Filled	Cut dough with a round cutter Put fig date or mincemeat filling on $\frac{1}{2}$ of cookies Brush edges with milk cover with the remaining cookies Press edges together with tines of a fork
Peanut	Cut rolled dough with crescent cutter brush with milk and sprinkle with chopped nuts
Pinwheel	Use $\frac{1}{2}$ of sugar cookie recipe Divide dough into two portions Add 1 square of melted chocolate to one portion Roll each into $\frac{1}{8}$ inch sheets the same size Place the chocolate dough over the white dough and press together Roll as for jelly roll Chill thoroughly Cut into thin slices
Ribbon	Cut chocolate and plain dough into long strips $1\frac{1}{4}$ inches wide Arrange alternately the chocolate and plain strips until $1\frac{1}{4}$ inches high Press together Chill thoroughly Cut into thin slices
Special Cookies	Cut rolled dough with heart shaped cutter for Valentine's Day hatchet cutter for Washington's birthday Sprinkle with sugar Scalloped and diamond cutters also make in interesting variations
Wreath	Cut rolled dough with a doughnut cutter Brush with beaten egg and sprinkle with chopped nuts For Christmas cookies decorate with candied cherry rings and pieces of citron arranged to represent holly

## BUTTER TEA COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Butter	} Cream
4½ oz	Sugar	
	Add	
3	Egg yolks	} Cream
	Add	
10 oz	Flour	
½ t	Vanilla	
	Shape with a cookie press	

Bake 10 to 12 min 400 F

Yield 50 to 75 cookies

Note: Dough should be cold when shaped

## CHOCOLATE TEA COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Butter creamed	
	Add gradually	
6 oz	Sugar	
	Add	
1	Egg unbeaten	
	Add gradually	
½ t	Baking powder	} Mixed
¼ t	Salt	
9 oz	Flour sifted	
2 T	Cocoa	
	Add	
2 t	Vanilla	
	Chill and shape with a cookie press	

Bake 6 to 10 min 375°F

Yield 50 to 75 cookies



## BUTTERSCOTCH DROP COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Butter	} Cream
12 oz	Sugar brown	
	Add	
2	Eggs beaten	
	Add in order given	
1 lb	Flour	} Mixed
1 t	Cream of tartar	
1/8 t	Salt	
1 t	Soda dissolved in 4 T hot water	
1 t	Vanilla	
6 oz	Pecans chopped	
	Measure with a No 30 dipper and drop on oiled baking sheet	
Bake approx 15 min 375°F		Yield 8 doz cookies

## CHOCOLATE CRUNCH COOKIES

AMOUNT	INGREDIENT	METHOD
6 oz	Fat	} Cream
6 oz	Sugar	
4 oz	Sugar brown	
	Add	
2	Eggs beaten	} Mix well
	Add	
10 oz	Flour	} Mixed
1 t	Salt	
1 t	Soda	
	Add	
1 t	Vanilla	
1 t	Nuts chopped	
14 oz	Chocolate sweet chopped	
	Drop from teaspoon on oiled baking sheet	
Bake 10 to 12 min 375°F		Yield 8 doz

## RUSSIAN ROCKS

AMOUNT	INGREDIENT	METHOD
9 oz	Sugar brown	} Cream
5 oz	Butter	
	Add one at a time	
3	Eggs	} Beat after each addition
	Add	
12 oz	Flour	} Mixed
1 t	Soda	
1 1/4 t	Cloves	
1/4 t	Nutmeg	
1 t	Cinnamon	
6 oz	Raisins cooked	
4 oz	Nut meats chopped	
	Measure with a No 30 dipper and drop on an oiled baking sheet	
Bake approx 15 min 400°F		Yield 30 cookies

## ROLLED OATS DROP COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Sugar brown	} Cream
6 oz	Butter	
	Add	
2	Eggs beaten	
	Add	
7 oz	Rolled Oats	
	Add alternately	
8 oz	Flour	
2 t	Baking powder	
	and	
5 T	Milk	
1 1/2 t	Soda dissolved in 1 T water	
	Add	
6 oz	Raisins cooked chopped	
1 t	Vanilla	
	Drop from teaspoon on oiled baking sheet	
Bake approx 12 min 350°F		Yield 30-60

## BUTTERSCOTCH DROP COOKIES

AMOUNT	INGREDIENT	METHOD
9 oz	Butter	} Cream
1- oz	Sugar brown	
2	Add Eggs beaten	} Mixed
1 lb	Add in order given Flour	
1 t	Cream of tartar	} Mixed
1/8 t	Salt	
1 t	Soda dissolved in 4 T hot water	
1 t	Vanilla	
6 oz	Pecans chopped	
	Measure with a No 30 dipper and drop on oiled baking sheet	
Bake approx 15 min 375°F		Yield 8 doz cookies

## CHOCOLATE-CRUNCH COOKIES

AMOUNT	INGREDIENT	METHOD
6 oz	Fat	} Cream
6 oz	Sugar	
4 oz	Sugar brown	
2	Add Eggs beaten	} Mix well
10 oz	Add Flour	
1 t	Salt	} Mixed
1 t	Soda	
1 t	Add Vanilla	
1 c	Nuts chopped	
14 oz	Chocolate sweet chopped	
	Drop from teaspoon on oiled baking sheet	
Bake 10 to 12 min 375°F		Yield 8 doz

## RUSSIAN ROCKS

AMOUNT	INGREDIENT	METHOD
9 oz	Sugar brown	} Cream
8 oz	Butter	
	Add one at a time	
3	Eggs	} Beat after each addition
	Add	
12 oz	Flour	} Mixed
1 t	Soda	
1/4 t	Cloves	
1/4 t	Nutmeg	
1 t	Cinnamon	
6 oz	Raisins cooked	
4 oz	Nut meats chopped	
	Measure with a No 30 dipper and drop on an oiled baking sheet	
Bake approx 15 min 400 F		Yield 50 cookies

## ROLLED OATS DROP COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Sugar brown	} Cream
6 oz	Butter	
	Add	
2	Eggs beaten	
	Add	
7 oz	Rolled Oats	
	Add alternately	
8 oz	Flour	
2 t	Baking powder	
	and	
5 T	Milk	
1/2 t	Soda dissolved in 1 T water	
	Add	
6 oz	Raisins cooked chopped	
1 t	Vanilla	
	Drop from teaspoon on oiled baking sheet	
Bake approx 12 min 350°F		Yield 50-60 cookies

## BUTTERSCOTCH DROP COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Butter	} Cream
1- oz	Sugar brown	
	Add	
2	Eggs beaten	
	Add in order given	
1 lb	Flour	} Mixed
1 t	Cream of tartar	
1/2 t	Salt	
1 t	Soda dissolved in 4 T hot water	
1 t	Vanilla	
6 oz	Pecans chopped	
	Measure with a No. 30 dipper and drop on oiled baking sheet	
Bake approx 15 min 375°F		Yield 8 doz cookies

## CHOCOLATE-CRUNCH COOKIES

AMOUNT	INGREDIENT	METHOD
6 oz	Fat	} Cream
6 oz	Sugar	
4 oz	Sugar brown	
	Add	
2	Eggs beaten	} Mix well
	Add	
10 oz	Flour	} Mixed
1 t	Salt	
1 t	Soda	
	Add	
1 t	Vanilla	
1 c	Nuts chopped	
1 1/4 oz	Chocolate sweet chopped	
	Drop from teaspoon on oiled baking sheet	
Bake 10 to 12 min 375°F		Yield 8 doz

## RUSSIAN ROCKS

AMOUNT	INGREDIENT	METHOD
9 oz	Sugar brown	} Cream
2 oz	Butter	
	Add one at a time	
3	Eggs	} Beat after each addition
	Add	
12 oz	Flour	} Mixed
1 t	Soda	
1/4 t	Cloves	
1/4 t	Nutmeg	
1 t	Cinnamon	
6 oz	Raisins cooked	
4 oz	Nut meats chopped	
	Measure with a No. 30 dipper and drop on an oiled baking sheet	
Bake approx 15 min 400°F		Yield 50 cookies

## ROLLED OATS DROP COOKIES

AMOUNT	INGREDIENT	METHOD
9 oz	Sugar brown	} Cream
6 oz	Butter	
	Add	
2	Eggs beaten	
	Add	
7 oz	Rolled Oats	
	Add alternately	
8 oz	Flour	
2 t	Baking powder	
	and	
5 T	Milk	
1/2 t	Soda dissolved in 1 T water	
	Add	
6 oz	Raisins cooked chopped	
1 t	Vanilla	
	Drop from teaspoon on oiled baking sheet	
Bake approx 12 min 350°F		Yield 50-60 cookies

## BUTTERSCOTCH DROP COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Butter	} Cream
12 oz	Sugar brown	
	Add	
2	Eggs beaten	} Mixed
	Add in order given	
1 lb	Flour	} Mixed
1 t	Cream of tartar	
1/8 t	Salt	
1 t	Soda dissolved in 4 T hot water	
1 t	Vanilla	
5 oz	Pecans chopped	
	<i>Measure with a No 30 dipper and drop on oiled baking sheet</i>	

Bake approx 15 min 375°F

Yield 8 doz cookies

## CHOCOLATE-CRUNCH COOKIES

AMOUNT	INGREDIENT	METHOD
6 oz	Fat	} Cream
6 oz	Sugar	
4 oz	Sugar brown	
	Add	
2	Eggs beaten	} Mix well
	Add	
10 oz	Flour	} Mixed
1 t	Salt	
1 t	Soda	
	Add	
1 t	Vanilla	
1 t	Nuts chopped	
14 oz	Chocolate sweet chopped	
	<i>Drop from teaspoon on oiled baking sheet</i>	

Bake 10 to 12 min 375 F

Yield 8 doz

## RUSSIAN ROCKS

AMOUNT	INGREDIENT	METHOD
9 oz	Sugar brown	} Cream
5 oz	Butter	
	Add one at a time	
3	Eggs	} Beat after each addition
	Add	
12 oz	Flour	} Mixed
1 t	Soda	
$\frac{1}{4}$ t	Cloves	
$\frac{1}{4}$ t	Nutmeg	
1 t	Cinnamon	
6 oz	Raisins cooked	
4 oz	Nut meats chopped	
	Measure with a No. 30 dipper and drop on an oiled baking sheet	
Bake approx 15 min 400°F		Yield 50 cookies

## ROLLED OATS DROP COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Sugar brown	} Cream
8 oz	Butter	
	Add	
2	Eggs beaten	
	Add	
7 oz	Rolled Oats	
	Add alternately	
8 oz	Flour	
1 t	Baking powder	
	and	
5 T	Milk	
$\frac{1}{2}$ t	Soda dissolved in 1 T water	
	Add	
6 oz	Raisins cooked chopped	
1 t	Vanilla	
	Drop from teaspoon on oiled baking sheet	
Bake approx 12 min 350°F		Yield 50-60 cookies



## MINCEMEAT FILLED COOKIES

AMOUNT	INGREDIENT	METHOD
1 lb 12 oz	Fat Sugar brown	} Cream
4	Add Eggs	
14 oz 14 oz 2 t	Add Rolled Oats Flour Soda	} Mix
	Cut cookies with a 2 $\frac{1}{4}$ in cutter Bake Put 2 cookies together with mincemeat	
Bake 10 min 350°F		Yield approx 7 doz filled cookies

## OATMEAL BARS

AMOUNT	INGREDIENT	METHOD
1 lb 9 oz 4 oz 6 oz	Butter Shortening Sugar brown	} Cream in mixer for 20 min
1 lb 12 oz 4 t	Add Flour Oatmeal Soda	
Oil a pan 12 in x 20 in and spread with $\frac{3}{4}$ of dough Pat down by hand Add date filling and spread evenly over entire surface Cover with remainder of dough and pat down Bake Cut into bars		
Bake 45 min 325 F		

## DATE BARS

AMOUNT	INGREDIENT	METHOD
12	Egg whites	} Beat until stiff
	Fold in (in order given)	
12	Egg yolks beaten	} Mixed
2 lb	Sugar	
1 lb	Nuts chopped	
4 lb	Dates	
1 lb	Flour	
1 $\frac{1}{2}$ T	Baking powder	

Bake 30 min 325°F Yield 48 servings 1 in thick  
 NOTE Cut and roll in powdered sugar or serve with a rich custard sauce

## CRISP GINGER COOKIES

AMOUNT	INGREDIENT	METHOD
1 c	Molasses	} Boil together 1 min Cool
8 oz	Sugar	
	Add (in order given)	
4 oz	Butter	} Mix well
4 oz	Fat	
2	Eggs beaten	
	Add	
1/2 t	Salt	} Mixed
1 t	Soda	
1 t	Ginger	
1 lb 12 oz	Flour (or more)	
	Form into a roll chill and slice	

Bake 8 to 10 min 375°F Yield approx 90 (2 1/4 in) cookies  
 Dough may be rolled as any cookie dough and cut into fancy shapes

## PEANUT BUTTER COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Sugar	} Cream together
5 1/3 oz	Sugar brown	
4 oz	Fat	
4 oz	Butter	
	Add	
2	Eggs beaten	
1 c	Peanut butter	
	Add	
8 oz	Flour	} Mixed and sifted
1 t	Soda	
1/2 t	Salt	
	Add	
1 t	Vanilla	
	Form into balls and flatten with fork	

Bake 8 min 375°F Yield approx 200 small cookies

## CORNFLAKE KISSES

AMOUNT	INGREDIENT	METHOD
4	Egg whites beaten	
1 lb	Add gradually Sugar sifted	
	Fold in	
4 oz	Cornflakes	
8 oz	Nuts, chopped	
3 oz	Cocoanut shredded	
1 t	Vanilla	
	Drop from teaspoon on oiled baking sheet	

Bake 15 min 325°F

## COCOANUT DROP COOKIES

AMOUNT	INGREDIENT	METHOD
1 lb	1½ c Milk condensed sweetened	} Mix
	Cocoanut shredded	
1 T	Vanilla	
8 oz	Filberts	
	Drop from teaspoon on oiled baking sheet	

Bake 12 min 325°F

Yield 50 small cookies

## KRISPIE MARSHMALLOW SQUARES

AMOUNT	INGREDIENT	METHOD
1 lb	5½ oz Butter	} Melt
	Marshmallows	
	Add	
1 t	Vanilla	
	Pour above mixture over	
11 oz	Rice Krispies	} Mix well
	Press into buttered pans to ½ in thickness	
	Cut	Cool and
		Yield 4 doz

## COCOANUT MACAROONS

AMOUNT	INGREDIENT	METHOD
5	Egg whites beaten	
	Add gradually	
12 oz	Sugar granulated	
12 oz	Sugar powdered	
2 t	Vanilla	
1½ t	Salt	
	Fold in	
1 lb 8 oz	Cocoanut shredded	
	Drop from teaspoon on oiled baking sheet	
e 15 min 325°F		
t Do not enlarge this recipe		

## BROWNIES

AMOUNT	INGREDIENT	METHOD
1 lb	Butter melted	} Cream
1 lb	Sugar	
12	Eggs beaten	
	Add	
12 oz	Flour	} Mixed
8 oz	Cocoa	
4 t	Baking powder	
2 t	Salt	
	Add	
12 oz	Nuts chopped	
2 lb	Dates chopped	
4 T	Vanilla	
e 30 min 325 F		
Yield 100 bars 1 in x 4 in		
re The mixture should be ½ in thick in pan before baking May use 3 squares		
chocolate in place of cocoa Dates may be omitted		

## BROKAW ICE BOX COOKIES

AMOUNT		INGREDIENT	METHOD
	12 oz	Sugar	} Cream
	8 oz	Shortening	
		Add	
	3	Eggs	} Beat 5 min
		Add	
1 lb	5 oz	Flour	} Mixed
	1 t	Soda	
	1 t	Cloves	
	1 t	Nutmeg	
	1/2 t	Salt	
	6 oz	Raisins ground (or dates)	
		Form into a roll chill and slice	
Bake 10 min 400 F			Yield 60 to 70 (2 1/2 in ) cookies

## BUTTERSCOTCH ICE BOX COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Butter	} Cream 5 min (second speed)
8 oz	Fat	
1 lb	Sugar brown	
12 oz	Sugar white	
	Add	
4	Eggs beaten	} Cream 5 min
2 t	Vanilla	
	Add	
2 t	Cream of tartar	} Mixed
8 oz	Nuts chopped	
2 t	Soda	
8 oz	Dates chopped	
1 lb	Flour	

Place dough on waxed paper form into rolls Wrap Let stand over night or longer  
in a cool place Cut into slices 3/8 in thick  
Bake 8 to 10 min 400 F Yield approx 100 (2 in x 3 in ) cookies

## CHEESE AND EGG DISHES

Since what we love has always found  
Expression in enduring sound  
Music and verse should be competing  
To match the transient joy of eating  
—LOUIS UNTERMEYER

### CHEESE BALLS

AMOUNT	INGREDIENT	METHOD
4 lb 8 oz 4 oz 1 T 1 g	Cheese grated Flour Salt Cayenne	} Mix
24	Fold in Egg whites beaten stiff Shape into balls 1 1/4 in diam	
Crumbs (Method III p 19)		
Fry in deep fat 2-3 min 350°F		Yield 150 balls
NOTE For serving as first course accompaniment shape into balls 1/2-3/4 in diam		
Yield approx 300 balls		

### CHEESE CROQUETTES

AMOUNT	INGREDIENT	METHOD
1 lb 6 oz 2 qt	Fat melted Flour Milk	} Make a white sauce
	Add	
32 1 lb 1 oz 4 t	Egg yolks beaten Cheese diced Salt Paprika	} Stir until cheese is melted Measure with a No 16 dipper Cool Shape
	Chill several hours	
	Bread each croquette using	
16 1 lb	Egg whites and 8 T water beaten Crumbs	
	Place in a wire basket and fry in deep fat	
Fry approx 3 to 4 min 375° to 390 F		

## BROKAW ICE BOX COOKIES

AMOUNT		INGREDIENT	METHOD
	12 oz	Sugar	} Cream
	11 oz	Shortening	
		Add	
	3	Eggs	} Beat 5 min
		Add	
1 lb	2 oz	Flour	} Mixed
	1 t	Soda	
	1 t	Cloves	
	1 t	Nutmeg	
	1½ t	Salt	
	6 oz	Raisins ground (or dates)	
		Form into a roll chill and slice	
Bake 10 min 400°F		Yield 60 to 70 (2½ in ) cookies	

## BUTTERSCOTCH ICE BOX COOKIES

AMOUNT		INGREDIENT	METHOD
	8 oz	Butter	} Cream 5 min (second speed)
	8 oz	Fat	
1 lb	12 oz	Sugar brown Sugar white	
		Add	
	4	Eggs beaten	} Cream 5 min
	2 t	Vanilla	
		Add	
	2 t	Cream of tartar	} Mixed
	8 oz	Nuts chopped	
	2 t	Soda	
	8 oz	Dates chopped	
2 lb		Flour	

Place dough on waxed paper form into rolls Wrap Let stand over night or longer  
in a cool place Cut into slices ¾ in thick  
Bake 8 to 10 min 400°F Yield approx 100 (2 in x 3 in ) cookies

## CHEESE AND EGG DISHES

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—LOUIS UNTERMEYER

### CHEESE BALLS

AMOUNT	INGREDIENT	METHOD
4 lb 5 oz 4 oz 1 T 1 g	Cheese grated Flour Salt Cayenne	Mix
24	Fold in Egg whites beaten stiff Shape into balls 1 1/4 in diam	
Fry in deep fat 2-3 min 350°F		Yield 150 balls
NOTE For serving as first course accompaniment		shape into balls 1/2-3/4 in diam
		Yield approx 300 balls

### CHEESE CROQUETTES

AMOUNT	INGREDIENT	METHOD
1 lb 2 qt	Fat melted Flour Milk	Make a white sauce
32	Add	
2 lb	Egg yolks beaten Cheese diced Salt Paprika	Stir until cheese is melted Measure with a No 16 dipper Cool Shape
16	Chill several hours Bread each croquette using Egg whites and 8 T water beaten Crumbs	
1 lb	Place in a wire basket and fry in deep fat	
Fry approx 3 to 4 min 375° to 390°F		



## BROKAW ICE BOX COOKIES

AMOUNT		INGREDIENT	METHOD
	12 oz	Sugar	} Cream
	8 oz	Shortening	
		Add	
	3	Eggs	} Beat 5 min
		Add	
1 lb	2 oz	Flour	} Mixed
	1 t	Soda	
	1 t	Cloves	
	1 t	Nutmeg	
	1½ t	Salt	
	6 oz	Raisins ground (or dates)	
		Form into a roll chill and slice	
Bake 10 min 400°F		Yield 60 to 70 (2½ in) cookies	

## BUTTERSCOTCH ICE BOX COOKIES

AMOUNT		INGREDIENT	METHOD
	8 oz	Butter	} Cream 5 min (second speed)
	8 oz	Fat	
1 lb	12 oz	Sugar brown Sugar white	
		Add	
	4	Eggs beaten	} Cream 5 min
	2 t	Vanilla	
		Add	
	2 t	Cream of tartar	} Mixed
	8 oz	Nuts chopped	
	2 t	Soda	
	8 oz	Dates chopped	
1 lb		Flour	

Place dough on waxed paper form into rolls Wrap Let stand over night or longer  
in a cool place Cut into slices ¾ in thick  
Bake 8 to 10 min 400°F Yield approx 100 (2 in x 3 in) cookies

## CHEESE AND EGG DISHES

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Expression in enduring sound  
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—LOUIS UNTERMEYER

### CHEESE BALLS

AMOUNT	INGREDIENT	METHOD
4 lb 8 oz 4 oz 1 T 1 g	Cheese grated Flour Salt Cayenne	} Mix
24	Fold in Egg whites beaten stiff Shape into balls 1 1/4 in diam	
Fry in deep fat 2-3 min 350°F		Yield 150 balls
NOTE For serving as first course accompaniment		shape into balls 1/2-3/4 in diam
		Yield approx 300 balls

### CHEESE CROQUETTES

AMOUNT	INGREDIENT	METHOD
1 lb 6 oz 2 qt	Fat melted Flour Milk	} Make a white sauce
32 1 lb 1 oz 4 t	Add Egg yolks beaten Cheese diced Salt Paprika	
16 1 lb	Chill several hours Bread each croquette using Egg whites and 1/2 T water beaten Crumbs	} Stir until cheese is melted Measure with a No 16 dipper Cool Shape
	Place in a wire basket and fry in deep fat	
Fry approx 3 to 4 min 375° to 390 F		

## BROKAW ICE BOX COOKIES

AMOUNT		INGREDIENT	METHOD
12	oz	Sugar	} Cream
8	oz	Shortening	
		Add	
3		Eggs	} Beat 5 min
		Add	
1 lb	2 oz	Flour	} Mixed
	1 t	Soda	
	1 t	Cloves	
	1 t	Nutmeg	
	1/2 t	Salt	
	6 oz	Raisins ground (or dates)	
		Form into 1 roll chill and slice	
Bake 10 min 400 F		Yield 60 to 70 (1 1/2 in ) cookies	

## BUTTERSCOTCH ICE BOX COOKIES

AMOUNT	INGREDIENT	METHOD
8 oz	Butter	} Cream 5 min (second speed)
8 oz	Fat	
1 lb	Sugar brown	
12 oz	Sugar white	
	Add	
4	Eggs beaten	} Cream 5 min
2 t	Vanilla	
	Add	
2 t	Cream of tartar	} Mixed
8 oz	Nuts chopped	
2 t	Soda	
8 oz	Dates chopped	
2 lb	Flour	

Place dough on waxed paper form into rolls Wrap Let stand over night or longer in a cool place Cut into slices 3/8 in thick

Bake 8 to 10 min 400°F Yield approx 100 (2 in x 3 in) cookies

## SCALLOPED MACARONI

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz 6 qt — — — oz	Macaroni Water boiling Salt	} Wash Cook until tender Drain and wash
	Add	
2 lb 1 lb 2 oz	Cheese cubed Bread fresh cubed	} Mix
	Pour into an oiled pan 12 in x 20 in	
	macaroni	Pour over the
6	Eggs beaten	} Mixed
8 oz	Fat melted	
2 oz	Salt	
3 qt	Milk	
Bake 45 min 350°F		Serving approx 4 oz

## MACARONI AND CHEESE

AMOUNT	INGREDIENT	METHOD
2 lb 8 qt 1 oz	Macaroni Water boiling Salt	} Wash and cook until tender Drain and wash
	Add	
1 lb 8 oz	Cheese ground	} Pour macaroni into a pan 12 in x 20 in
	Add	} Made into a white sauce
4 oz	Fat	
4 oz	Flour	
1 oz	Salt	
2 qt	Milk	
	Sprinkle over the top	} Mixed
12 oz	Bread crumbs	
4 oz	Fat melted	
Bake 45 min 325 F		Serving approx 4½ oz

NOTE For variety add

1 Fresh tomato and green pepper

2 Pimiento

## CHEESE FONDUE

AMOUNT	INGREDIENT	METHOD
4½ qt	Milk scalded	} Mix together
4 oz	Fat melted	
1½ t	Mustard	
1 T	Salt	
f g	Cayenne	
	Pour over	
3 lb 8 oz	Bread cubes soft stale	
	Cool slightly and add	
4 lb 8 oz	Cheese ground	
	Add	
24	Egg yolks beaten	} Beat mixture until thoroughly blended
	Fold in	
24	Egg whites stiffly beaten	
	Pour into 2 oiled pans 12 in x 20 in	
Bake 40 to 50 min 300°F		Serving approx 4 oz

## CHEESE SOUFFLE

AMOUNT	INGREDIENT	METHOD
2½ qt	Milk hot	
	Add	
10 oz	Tapioca Minute	} Stirring constantly
1½ oz	Salt	
	Cook in steamer 15 min	Stir frequently during first 5 min
	Add	
3 lb	Cheese ground	
24	Egg yolks beaten	
	Fold in	
24	Egg whites beaten	
	Pour into 3 oiled pans 9 in x 14 in	
	Cook over water in oven	

Bake 50 min 300°F

Serving approx 2 oz

NOTE Serve with Spanish Sauce

Variation For Mushroom Souffle add one No 1 can of drained chopped mushrooms 1 c chopped green peppers to uncooked mixture Serve with Bechamel Sauce

## SCALLOPED MACARONI

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz 6 qt 2 oz	Macaroni Water boiling Salt	} Wash Cook until tender Drain and wash
	Add	
1 lb 1 lb 2 oz	Cheese cubed Bread fresh cubed	} Mix
	Pour into an oiled pan 12 in x 20 in	
	macaroni	Pour over the
6	Eggs beaten	} Mixed
8 oz	Fat melted	
2 oz	Salt	
3 qt	Milk	
Bake 45 min 350°F		Serving approx 4 oz

## MACARONI AND CHEESE

AMOUNT	INGREDIENT	METHOD
2 lb 8 qt 1 oz	Macaroni Water boiling Salt	} Wash and cook until tender Drain and wash
	Add	
1 lb 8 oz	Cheese ground Pour macaroni into a pan 12 in x 20 in	
	Add	
4 oz	Fat	} Made into a white sauce
4 oz	Flour	
1 oz	Salt	
1 qt	Milk	
	Sprinkle over the top	
12 oz	Bread crumbs	} Mixed
4 oz	Fat melted	
Bake 45 min 325°F		Serving approx 4½ oz

Note For variety add

1 Fresh tomato and green pepper

2 Pimiento

## FOOD FOR FIFTY

## CORN RAREBIT

AMOUNT	INGREDIENT	METHOD
4 oz	Onions	} Brown onions in fat
6 oz	Fat	
1 qt	Add	} Heat to boiling point
	Milk	
	Add gradually stirring constantly	
1 pt	Milk	} Blended
6 oz	Flour	
1½ oz	Salt	
1 lb 8 oz	Add	} Cook in double boiler until melted
	Cheese ground	
	Green pepper chopped	
1 No 10 can	Add	
	Corn (whole grain) hot drained	
	Dip with No 8 dipper	Serve immediately on toasted buns

## BAKED EGGS WITH CHEESE

AMOUNT	INGREDIENT	METHOD
50	Eggs	} Break and drop into oiled muffin tins or custard cups
	On the top of each egg place in order given a portion of the following	
1 lb	4 # Salt	
	8 oz Cheese grated or ground	
	6½ c Cream or White Sauce II	
	8 oz Crumbs buttered	
	Set cups in a pan of hot water	

Bake approx 25 min or until firm 350°F

NOTE A thin slice of raw tomato may be placed in the bottom of each cup

## BAKED EGGS AND BACON RINGS

AMOUNT	INGREDIENT	METHOD
50	Eggs	} Place bacon around the inside of 50 baking cups (or muffin tins) with fat side up
1 lb 8 oz (approx)	Bacon sliced	

Place in hot oven until fat is clear Remove from oven In each cup place 1 egg

Return to oven

Bake approx 25 min or until firm 350°F

## EGG CUTLETS

AMOUNT	INGREDIENT	METHOD
2 qt	Milk	} Make a white sauce
1- oz	Butter	
6 oz	Flour	
2 oz	Salt	
48	Add sauce to Eggs hard cooked coarsely ground	
	Mix well	

Measure cutlets with a No. 12 dipper. Let cool 3 hours or longer. Shape into cutlets. Bread and fry. Fry approx 3 min 375 F.

## EGGS À LA KING

AMOUNT	INGREDIENT	METHOD
1 lb	Mushrooms	} Fry
2 T	Onion	
12 oz	Butter	
4 qt	Add Chicken broth (or milk)	} Make a white sauce
7 oz	Flour	
50	Add Eggs hard cooked cubed	
10 oz	Green pepper shredded	
8 oz	Pimiento shredded	
2 oz	Salt	
1 g	Cayenne	
	Serving approx 3½ oz	

NOTE: Reheat if necessary after sauce is poured over eggs.



## CURRIED EGGS OR CREAMED EGGS

AMOUNT	INGREDIENT	METHOD
4 qt 1 lb 8 oz	Milk hot Fat Flour	} Make a white sauce
	Add	
1 oz $\frac{1}{4}$ t 1 T	Salt Pepper Curry	} Mixed
	When ready to serve pour over	
75	Eggs hard cooked sliced	

NOTE Serve with steamed rice For creamed eggs omit the curry powder  
1 qt stock may be substituted for 1 qt milk

## OMELET

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz 3 qt $1\frac{1}{2}$ oz $\frac{1}{2}$ t	Butter melted Flour Milk hot Salt Pepper white	} Make a white sauce Cool
	Add	
4	Egg yolks beaten	} Mix well
	Fold in	
24	Egg whites beaten Pour into 2 oiled pans 12 in x 10 in	

Bake approx 45 min 325°F

Serving approx 3 oz

NOTE Place a pan of water in the bottom of the oven For Spanish Omelet serve with Spanish Sauce

## CHINESE OMELET

AMOUNT	INGREDIENT	METHOD
1 qt	White Sauce No III	
	Add	
1 lb	Cheese ground	
	Add	
4	Egg yolks beaten	} Mixed
1 t	Mustard	
1 1/2 oz	Salt	
1 t	Paprika	
	Add	
2 lb	Rice raw	} Washed and steamed
	Fold in	
24	Egg whites beaten	
	Pour into 3 oiled pans	
Bake 45 min 325°F		Serving approx 4 oz

## POTATO OMELET

AMOUNT	INGREDIENT	METHOD
50	Bacon slices	} Arrange bacon close together in meat pans and bake in oven until crisp Remove from pans
	Add to bacon fat	
9 lb (E P)	Potatoes cooked diced	} Brown slightly
	Remove to 2 baking pans 12 in x 20 in	
	Pour over the potatoes	
36	Eggs beaten	} Beaten until light
2 oz	Salt	
1 t	Pepper white	
1 g	Cayenne	
3 qt	Milk hot	
Bake 1 hr 325°F		Serving approx 1/2 c
NOTE Lay the slices of crisp bacon on top of omelet when removed from oven		
Serve at once		

## DEVEILED EGGS

AMOUNT	INGREDIENT	METHOD
50	Eggs hard cooked	} Peel and cut in half lengthwise Remove yolks and mash thoroughly
1	Add Milk hot	
	Add	} Mix
1½ c	Mayonnaise	
1 T	Salt	} Mix thoroughly
¾ T	Mustard dry	
½ c	Vinegar	
	Refill the whites with the mixture Use approximately 1½ T filling for each half of egg white	

NOTE 6 oz of finely chopped celery or pimientos may be added to the yolk mixture

## HOT STUFFED EGGS

AMOUNT	INGREDIENT	METHOD
50	Eggs hard cooked	} Cut eggs lengthwise and remove yolks
	To the mashed yolks add	
3 oz	Butter melted	} Mix thoroughly and refill the whites. Arrange in baking pans. Heat in steamer or slow oven
2 t	Salt	
¾ t	Cayenne	
1 T	Mustard prepared	
1 lb	Ham minced	
1 gal	Pour over eggs White Sauce No III	
	Sprinkle over the top	
¼ c	Parsley chopped	

NOTE Serve on toast or en casserole. Tuna fish may be substituted for ham

EGG RICE CASSEROLE

AMOUNT			INGREDIENT	METHOD
1 lb	5 oz		Rice	} Wash and cook until tender } Drain and wash
			Add	
1 lb	18		Eggs hard cooked	} Chopped
	2 oz		Cheese grated	
	1 1/2 t		Paprika	
	2 oz		Salt	
			Add	
	3 oz		Onion minced	} Cooked together
	6 oz		Green pepper minced	
	12 oz		Oil o butter	
			Add	
3 qt			Tomato purée	} Mix well
			Dip with a No 8 dipper into individual casseroles	
Bake approx 30 min 350 F				Yield fifty 5-oz servings
NOTE When baked garnish with grated cheese				

MUSHROOM EGG CASSEROLE

AMOUNT	INGREDIENT	METHOD
24	Eggs hard cooked sliced	} Mix
5 lb	Celery diced cooked	
4 No 1 cans (2 lb fresh)	Mushrooms chopped	
6 oz	Green pepper chopped	
4 oz	Pimiento chopped	
1 No 10 can or 5 lb fresh	Peas	
1 oz	Salt	
	Add and mix	
1½ qt	Milk	} Made into white sauce
6 oz	Butter	
4 oz	Flour	
1 T	Salt	
½ t	Pepper	
	Dip with a No 8 dipper into individual casseroles Serve hot garnished with four 2½-oz cans fried noodles	
Bake approx 30 min 350 F		Yield approx 50 servings (3½ c)

## CORN PUDDING

AMOUNT	INGREDIENT	METHOD
12 oz	Bacon chopped	} Fry until lightly browned
4 oz	Pepper green	
	Add	
6 oz	Flour	} Blend well
	Add while stirring	
2½ qt	Milk	} Blend well
	Add	
14	Eggs beaten	} Mix well
1½ oz	Salt	
1 t	Pepper	
6 No 2 cans	Corn (cream style)	
4 oz	Pimiento	

Measure with a No 8 dipper into 50 custard cups Place cups in pans of hot water  
 Bake 45 min 325°F

## GOLDENROD TOAST

AMOUNT	INGREDIENT	METHOD
3 qt	Milk hot	} Make into a white sauce
1 qt	Water hot	
1 lb	Butter melted	
8 oz	Flour	
1 oz	Salt	
	Add	
50	Egg whites hard cooked chopped	
35	Egg yolks hard cooked chopped	
15	Serve on toasted bread and sprinkle the top with Egg yolks iced	

## DESSERTS

O a wonderful pudding! Bob Cratchit said and calmly too that he regarded it as the greatest success achieved by Mrs Cratchit since their marriage —DICKENS

### MEPINGUE SHELLS

AMOUNT		INGREDIENT	METHOD
	28	Egg whites	} Beat until frothy  Add (1/2 c at a time Beat between each addition )
	3 lb	Sugar	
		Beat until sugar is dissolved and mixture will hold its shape Measure with a No 10 dipper Place on well oiled and floured baking sheets Shape with spoon or pastry tube into nests	

Bake approx 1 hr 275°F

NOTE Serve ice cream or fruit in center or crush the shells and serve on ice cream  
Meringue sticks may be made by putting mixture through pastry tube to form sticks Sprinkle with nuts

### BAKED CUSTARD

AMOUNT	INGREDIENT	METHOD
1 lb 4 oz 20 1/2 t 1 qt	Sugar Salt Eggs Milk	} Beat until well mixed
4 qt	Add Milk scalded Vanilla	
2 T	Pour into custard cups	} Sprinkle over the top
2 t	Nutmeg	
	Place the custard cups in pans of hot water and bake	

Bake 45 min 300 F

Serving 4 oz

NOTE Variations For mocha custard add 6 T Postum or soluble coffee powder  
For caramel custard add 8 oz sugar caramelized For rice custard use 1/2 of the recipe add 4 eggs and 6 c cooked rice

## DATE PUDDING

AMOUNT	INGREDIENT	METHOD
2 lb	Sugar	} Mix and pour into 6 pans 4 x 9 in
1 lb	Flour	
1½ oz	Baking powder	
1½ t	Salt	
12 oz	Nut meats	
2 lb	Dates	} Mixed and heated to boiling point
4 oz	Milk	
2¼ c	Pour over above mixture	
1 lb	Sugar, brown	
2 oz	Butter	
2 qt	Water boiling	
Bake 45 min 350°F		Yield 48 servings

## DAINTY RICE PUDDING

AMOUNT	INGREDIENT	METHOD
9 qt	14 oz Rice	} Wash rice well and cook in boiling salt water. Boil rapidly until tender. Drain and rinse with hot water
	Water boiling	
	1 T Salt	
1½ qt	When ready to serve add	} Mixed
	Pineapple crushed drained	
8 oz	Marshmallows cut	
8 oz	Nuts chopped	
1 lb	Sugar powdered	
	2 t Salt	
	1 c Cherries maraschino chopped	
1½ qt	Fold in Cream whipped	Serving approx 2½ oz

## TAPIOCA CREAM

AMOUNT	INGREDIENT	METHOD
5 qt	Milk	Heat to boiling point
8 oz	Add Tapioca Minute	Stirring constantly
1 lb 4 oz	Add Eggs beaten Sugar	Mix
	Cook 5 min Remove from fire	
1 t - T	Add Salt Vanilla	
	Serve with a No 10 dipper	
		Yield 30 servings

## NOTE Variations

- 1 For Chocolate Cream Tapioca add 8 oz of melted chocolate
- 2 For Caramel Cream Tapioca add 8 oz of caramelized sugar
- 3 For Nut Cream Tapioca add 6 oz chopped nuts and fold in beaten egg whites last

## CHERRY TAPIOCA

AMOUNT	INGREDIENT	METHOD
3 $\frac{3}{4}$ qt	Cherry juice or cherry juice and water	Heat
14 oz 1 T	Add Tapioca Minute	Stirring constantly
3 lb 10 oz	Salt Sugar	
	Cook until thick and clear	
5 lb	Add Lemon juice Cherries red drained	
		Yield approx 6 $\frac{1}{2}$ qt

NOTE. Serve with whipped cream



## VARIATIONS OF PLAIN BLANC MANGE (continued)

VARIATION	CHANGES IN PLAIN RECIPI
Cocoanut	Add 12 oz toasted cocoanut
Date	Add 1 lb 8 oz dates 3 oz butter
Banana	Add 6 egg yolks beaten } After pudding has thickened cook 5 min Remove from fire  Add 1 T orange rind grated 6 egg whites beaten 6 lb bananas sliced

## NORWEGIAN PRUNE PUDDING

AMOUNT	INGREDIENT	METHOD
1 lb	6 oz Cornstarch Sugar Salt 1 T Cinnamon	} Mix
	Add	
2 1/2 qt	Prune juice	} Stir until smooth then cook until thick and clear Place in steamer 20 min Remove
4 lb	Add Prunes cut fine	
		Serving approx 1 1/2 c

NOTE Weigh prunes before cooking Serve hot with whipped cream or hard sauce

# CHOCOLATE CREAM PUDDING

AMOUNT	INGREDIENT	METHOD
4 qt	Milk	Heat to the boiling point
	Add gradually, stirring constantly	
6 oz	Flour pastry	Mixed
3 oz	Cornstarch	
1 t	Salt	
2 lb	Sugar	
5 oz	Cocoa	
	Cook approx 40 min	Remove from fire
	Add	
8 oz	Butter	
1 T	Vanilla	
	Measure with a No 10 dipper	
		Yield 50 servings

# LEMON SNOW

AMOUNT	INGREDIENT	METHOD
1 lb	6 oz Cornstarch	Mix
	5 oz Sugar	
	1/2 t Salt	
	Add while stirring	
1 qt	Water boiling	Cook approx 4 min in double boiler
	Pour over	
16	Egg whites beaten	Stirring constantly
6 oz	Sugar	
	Add	
1 c	Lemon juice	Mix well
2 T	Lemon rind grated	
	Pour into a flat pan 12 in x 20 in	Chill

NOTE Cut and serve with soft custard

## JELLIED FRUIT CUP

AMOUNT		INGREDIENT	METHOD
	1 pt	Water cold	
	2½ oz	Add Gelatin	} Let stand 5 min
	1½ pt	Add Fruit juice hot	
1 lb		Sugar	} Stir until dissolved
	2¼ qt	Add Fruit juice cold	
		Chill When gelatin begins to congeal	} Arranged in 50 serving glasses Serving approx 4 oz
4 or 5 lb		fruit Fruit cooked drained	

NOTE Any good fruit combination may be used  
 13 oz of flavored gelatin may be substituted for the 2¼ oz plain gelatin

## RASPBERRY WHIP

AMOUNT		INGREDIENT	METHOD
	2 oz 1½ c	Gelatin Water cold	} Soak 10 min
	1½ c	Add Water boiling	
		Add Sugar	} Stir until dissolved
2 lb	4 oz 5 T	Lemon juice	
		Add Raspberry purée	} When mixture begins to congeal place in mixer bowl and beat until light
1 qt	1 c		
		Add Egg whites beaten	} Beat until stiff Chill Measure with No 12 dipper Yield approx 50 servings
15			

NOTE Apricots oranges peaches or strawberries may be used in place of raspberries Serve with whipped cream

## PRUNE WHIP

AMOUNT	INGREDIENT	METHOD
15 S oz	Egg whites beat until stiff Sugar	} Combine
1 lb	Add Prunes	
1 T	Add Lemon juice	} Cook and pit
	Chill	
Dip with No. 1 dipper		Yield 30 servings

## FROZEN FRUIT DESSERT

AMOUNT	INGREDIENT	METHOD
1 lb 4	Egg whites beaten Marshmallows cut	} Mix
1 1/2 c	Add Milk hot	
1 t	Add Lemons juice Mustard	} Mix
4 lb 8 oz	When cold pour over Cherries Royal Anne pitted drained	
1 lb 4 oz	Pineapple diced drained	
1 qt	Fold in Cream whipped	
12 oz	Add Almonds toasted chopped Pour into molds and freeze	
		Yield approx 4 1/2 qts

## BISQUE MOUSSE

AMOUNT	INGREDIENT	METHOD
4 qt	Cream 40 per cent	} Whip until stiff
4 lb	Fold in Peanut brittle ground	
	Pour into 8 cold molds and freeze without stirring	
		Yield 8 qt

NOTE: Peanut Brittle Fluff. Serve above mixture without freezing on angel food cake

# FOOD FOR FIFTY

## APRICOT BAVARIAN

AMOUNT	INGREDIENT	METHOD
1 pt 3 oz	Gelatin	} Sprinkle gelatin over water Soak 5 min
	Water cold	
1½ pt		} Dissolve in Heated to boiling point
1 lb 8 oz	Apricot juice	
2 t	Sugar	
	Salt	
3 pt		} Combine with When starting to congeal whip until it doubles in bulk and fold in Apricots dried cooked and sieved Egg whites beaten stiff Cream whipped Mold or pour into flat pan and place in refrigerator Serving approx ½ c
3 T	Apricot juice	
2 t	Lemon juice	
	Vanilla	
3 lb (A P)		
6		
1 pt		

## PINEAPPLE BAVARIAN CREAM

AMOUNT	INGREDIENT	METHOD
1 qt 3 oz	Gelatin	} Soak 10 min
	Water cold	
1 No 10 can		} Add Heated to boiling point
1 lb 12 oz	Pineapple crushed	
	Sugar	
	Stir until gelatin is dissolved	
2 oz		} Add Chill When mixture begins to congeal fold in Cream heavy whipped Pour into 50 individual molds Serving approx 4 oz
	Lemon juice	
1 qt		

NOTE This may be used for pie filling

## ICE BOX CAKE

AMOUNT	INGREDIENT	METHOD
3 lb 8 oz	Sugar	} Cream
1 lb 3 oz	Butter	
18	Add Egg yolks	} Cream
1 1/2 qt	Add Pineapple crushed	
1 c	Cream	
	Cook in double boiler until thick	
	Add	
4 oz	Nuts chopped	
3 oz	Cherries maraschino chopped	
3 lb 8 oz	Wafers vanilla	
	Place a thin layer of crushed wafers in the bottom of a pan 12 in x 20 in then fill pan with alternate thin layers of above mixture and crushed vanilla wafers	
	Serving approx 3 oz	

NOTE Let stand in ice box over night Serve with whipped cream

## VARIATIONS OF ICE BOX CAKE

KIND	CHANGES IN PLAIN RECIPE
Chocolate	For the filling use 2/3 of the Chocolate Chiffon Pie recipe in place of the pineapple filling Lady fingers may be substituted for crushed wafers
Lemon	For the filling use 2/3 of the Lemon Chiffon Pie recipe Thin slices of Sponge Cake may be substituted for the wafers
Prune	For the filling use the Sour Cream Pie recipe and substitute prunes for the raisins Graham Crackers may be substituted for the wafers
Pumpkin	For the filling use 2/3 of the Pumpkin Chiffon Pie recipe Ginger Snaps may be substituted for the wafers
Caramel Nut	For the filling use 3/4 of the Caramel Blanc Mange recipe 12 oz of chopped nuts may be substituted for a part of the crushed wafers

## GRAHAM CRACKER CUSTARD

AMOUNT		INGREDIENT	METHOD
1 lb		Sugar	} Beat until well blended
	$\frac{3}{4}$ t	Salt	
12		Egg yolks	
	1 #	Milk	
	1 pt	Add Milk scalded	
		Add	
	3 oz	Gelatin	
	$1\frac{1}{2}$ pt	Water, cold	
		Cool and add	
12		Egg whites beaten	
	$1\frac{1}{2}$ pt	Cream whipped	
		Place a layer of crumb mixture on the bottom of pans cover with custard and place crumb mixture on top of custard	
Crumb Mixture			
	8 oz	Butter melted	
	6 oz	Sugar brown	
1 lb		Graham crackers cru hed	
	$\frac{1}{2}$ t	Cinnamon	
		Chill in 2 pans 9 x 14 in	

Yield 48 servings (small)

Yield 48 servings (small)

## DATE ROLL

AMOUNT		INGREDIENT	METHOD
2 lb	8 oz	Dates chopped fine	} Combine
1 lb	8 oz	Marshmallows cut	
2 lb	8 oz	Crackers graham ground	
	8 oz	Nuts chopped	
		Add	
1 pt		Milk	} Mix well Form into 4 rolls
		Roll in powdered sugar	
		Place in ice box for 24 hours	
		Serving approx 1½ oz	

Note... Cut in slices and serve with hard sauce or whipped cream

## FRUIT COBBLER

AMOUNT	INGREDIENT	METHOD
2½ qt	Fruit juice	Heat
	Add while stirring	
6 oz	Cornstarch	Mixed
1 pt	Water	
	Cook until thick	
	Add	
1 lb	Sugar	Mix thoroughly and bring to the boiling point
1 T	Salt	
	Add	
1½ No 10 can	Fruit water pick drained	
	Mix carefully Let cool at room temperature	Pour into two pans 10 in x 14 in x 2 in
	Cover with	
3 lb	Pastry	Divided into 2 parts and rolled into rectangles

Bake 30 min 425 F

Serving approx 4 oz

NOTE May use cherries blackberries gooseberries apricots apples or rhubarb

## OLD ENGLISH APPLE PIE

AMOUNT	INGREDIENT	METHOD
10 lb	Apples tart sliced	Mix and arrange apples in 2 pans
8 oz	Sugar	
	Cover with the following mixture	
1 lb	Butter soft	
1 lb	Flour	
1 lb	Sugar brown	
	Bake in two 12 x 20 x 2 in baking pans	

Bake 50 min 350°F

Yield 48 servings

NOTE Serve with whipped cream or ice cream



## APPLE BROWN BETTY

AMOUNT	INGREDIENT	METHOD
12 lb (A P)	Apples pared and sliced	Mixed
3 qt	Cake crumbs	
	Arrange apples and crumbs in layers	
	Over each layer sprinkle	
1 t	Cinnamon	Mixed
1/2 t	Nutmeg	
1 lb 8 oz	Sugar, brown	
2 qt	Water (or more)	
1 T	Lemon juice	
	Over the top put	
8 oz	Butter, melted	

Bake 1 hr (or longer) 350°F

Serving 4 oz

NOTE: Serve hot with lemon sauce (The amount of water will vary according to the dryness of the crumbs used)

## GRAHAM CRACKER BROWN BETTY

AMOUNT	INGREDIENT	METHOD
10 lb (A P)	Apples pared sliced	Mix carefully
2 t	Cinnamon	
1 1/2 c	Water	
1 lb 6 oz	Sugar	
	Place mixture in pan 12 in x 20 in	
	Cover mixture with	
1 lb 3 oz	Graham crackers crushed	Mixed
7 oz	Sugar	
5 t	Lemon rind grated	
8 oz	Nut meats chopped	
10 oz	Butter melted	

Bake approx 1 hr 350 F or until apples are tender

Serving approx 3 1/2 oz

NOTE: Serve hot or cold with whipped cream

## STRAWBERRY TORTE

AMOUNT			INGREDIENT	METHOD
1 lb	8	oz	Fat	} Cream 5 min (second speed)
1 lb	8	oz	Sugar	
24			Add Egg yolks	} Add one yolk at a time Beat after each addition
			Add alternately Flavoring	
	1	T	Milk	
	1	pt		
1 lb	14	oz	and Flour pastry	} Mixed
	1	oz	Baking powder	
	$\frac{1}{2}$	t	Salt	
			Spread in twelve 9-in layer cake pans oiled and lined with waxed paper having batter higher on sides than in middle Spread the following mixture evenly over the batter	
24			Egg whites	Beat until frothy
			Add Cream of tartar	} Beat
3 lb	$\frac{3}{4}$	t	Sugar	

Bake 25 min 250°F increase temp to 350°F and bake 20 min

Yield six 9-in cakes

NOTE Cool and put fresh or frozen strawberries and whipped cream between the layers Cut in wedges and garnish with whipped cream and whole berries  
Fresh peaches or raspberries may be substituted for the strawberries

## DOUGHNUTS

AMOUNT	INGREDIENT	METHOD
3	Eggs beaten slightly	
	Add	
10 oz	Sugar	} Blend well
1½ oz	Fat melted	
	Add alternately milk and flour mixture	
1 lb	1 pt Milk	} Mixed
10 oz	Flour	
1 t	Nutmeg	
1¼ t	Salt	
½ t	Ginger	
3 T	Baking powder	
2 t	Orange rind grated	

Chill Roll 3/8 in thick on floured board Cut with 2½ in cutter

Fry in deep fat approx 3 to 4 min 375°F Yield approx 50 doughnuts

Note Add more flour if dough is too soft to handle Sprinkle with sugar when partly cool

Variation For chocolate doughnuts substitute 4 T cocoa for 4 T flour

## CREAM PUFFS

AMOUNT	INGREDIENT	METHOD
1 lb	Butter	} Melt butter in boiling water
1 qt	Water boiling	
	Add	
1 t	Salt	} Beat vigorously
3 oz	Flour	
	Remove from fire as soon as mixture leaves the sides of pan Transfer to mixer bowl Cool slightly	
	Add	
16	Eggs	} Add one egg at a time Beat after each is added
	Measure with 2 No 2½ dipper and drop on an oiled baking sheet	

Bake 45 min 375°F Yield 50 large puffs

Note Fill puffs with custard filling Top with chocolate sauce

For tea service small shells may be made with a pastry tube and filled with creamed chicken or chicken salad Yield approx 200

## CHRISTMAS PUDDING

AMOUNT	INGREDIENT	METHOD
1 lb 4 oz	Carrots raw grated	} Mix
1 lb 11 oz	Potatoes raw grated	
1 lb 4 oz	Raisins	
1 lb 4 oz	Nuts	
2 lb	Sugar	
1 lb	Butter soft	
1 lb 12 oz	Nuts chopped	} Mixed
	Add	
1 1/3 T	Soda	
1 T	Cinnamon	
1 T	Cloves	
1 T	Nutmeg	
1 lb 1/4 T	Salt	} Mixed
	Flour	

Measure with a No. 16 dipper. Fill oiled muffin tins.

Cover each filled tin with an empty tin.

Steam for 3/4 to 1 hr. under pressure.

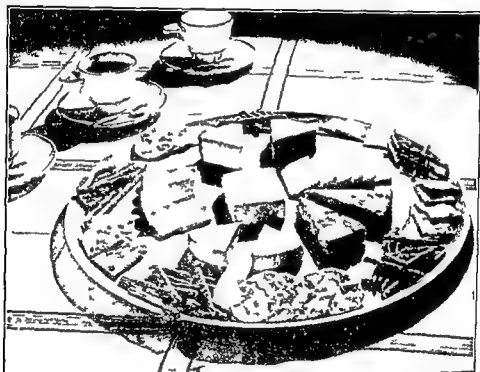
NOTE: Serve with vanilla sauce or hard sauce.

## STEAMED PUDDING

AMOUNT	INGREDIENT	METHOD
1 lb 2 1/2 oz	Butter	} Cream
3 oz	Sugar	
5	Eggs	
2 1/2 c	Molasses	
	Add milk and flour mixture alternately	
2 1/4 c	Milk sour	} Mixed
4 1/2 oz	Flour	
1 T	Soda	
1 T	Cloves	
1 1/2 T	Cinnamon	
1 lb 14 oz	Crumbs bread	
	Add	
12 oz	Raisins	
8 oz	Nuts chopped	
	Measure with a No. 16 dipper	
	Place in oiled muffin tins. Cover	

Steam 1 hr. under pressure.

Serving 2 1/2 oz



Conley, R. J. Phenix, Ch. 10

FIG. 1.—The cheese tray presenting an assortment of both cheese and breads is increasing in popularity as a dessert dish.

## FISH

Let us join chiming vowel with vowel  
To rhapsodize fish flesh and fowl

—LOUIS UNTERMAYER

### PREPARATION AND COOKING OF FRESH FISH AND SHELL FISH

#### Fresh Fish

- To Skin Remove fins cut off a narrow strip of skin down the full length of back Cut skin around gills loosen and draw it off from one side of fish To do this pull gently with one hand and push with back of a knife held in the other hand Repeat process on the other side of fish
- To Scale Hold fish by the tail Use a blunt knife to scrape over fish from tail to head Wipe fish and knife occasionally to remove loosened scales
- To Dress Split the underside of scaled or skinned fish and remove internal organs Remove head Wash inside and out drain and wipe dry
- To Bone Run a sharp pointed knife close to the back bone beginning at tail and continuing the entire length of one side of fish Remove flesh carefully from bones with knife and fingers Repeat on the other side (Fish that have been boned are usually stuffed and baked )

Fish may be cooked in many ways but some methods are more suitable for certain varieties than for others The table on page 116 will show not only the preferred cooking procedure but also the season for the various kinds of fish

#### *Boned Fish*

Cut fish into thick pieces Use sufficient water to cover the fish Add 2 t salt and 2 T of vinegar to each gallon of water These give flavor and keep the flesh white and firm Place fish in a frying

basket, and place in warm water. Bring to the boiling point, then reduce temperature, and simmer until fish separates from the bones. Allow 5 to 8 minutes per pound, according to thickness of fish. Serve boiled fish with a rich sauce.

### *Broiled Fish*

Split fish down back and wipe as dry as possible. Sprinkle with salt and pepper. Place, skin side down, in a well oiled broiler. Broil, turn skin side up just long enough to crisp and brown.

### *Fried Fish (I)*

Leave small fish whole; cut large ones into servings. Sprinkle with salt and pepper; roll in flour or cornmeal and cook in a small amount of fat.

### *Fried Fish (II)*

Prepare as Fried Fish I. Sprinkle with salt and pepper; then egg and crumb and fry in deep fat.

### **Shell Fish**

*Clams* if purchased in the shell should be alive. Several hours before using place them in a tub of shallow water to which a small amount of cornmeal has been added to eliminate sand which may be lodged in the bodies of the clam. Wash the shells well and rinse if the clams are to be cooked in the shell. To remove the shells hold them in the palm of the hand and insert a slender strong knife in the muscle and pry open. The skin of the Razor and soft clam should be removed before cooking.

*Crabs* should be alive at the time they are cooked. In preparing soft shell crabs, place them face down. The taper points of the shell are turned back about half way and the spongy substance which is found next to the shell is removed. The tail or apron is removed. The crab is thoroughly washed and is then ready to cook. Soft shell crabs are usually parboiled and then fried in butter.

In preparing hard shell crabs plunge them head first into rapidly boiling water to which salt or soda has been added. 1 T salt to each gallon of water or 1 oz soda to each 1½ lb crab. Crabs are boiled in a covered container from 20 to 30 minutes depending upon

their size. After chilling in cold water the claws and apron of the crab are removed, the shells broken apart and the spongy material removed from between the halves of the body and next the shell. Any orange colored material is also discarded. The meat is removed from the back and cracked claws.

*Lobsters* should be alive when the cooking process begins. If the lobster is to be boiled, the live lobster is plunged head down in boiling salted water and allowed to cook 20 to 30 minutes. Crack the claws and lay the opened fish as flat as possible on the broiler, brush with butter, salt and pepper. The time for broiling varies with the size of the lobster but the usual time is 20 to 25 minutes with shell side down and 10 to 15 minutes on opposite side.

*Oysters* are not ordinarily washed before using. If washing is deemed necessary, care should be taken to remove the oysters from the water quickly so that they may not be soaked or water logged in the fresh water. They should be inspected and any bits of shell removed. Oysters should be cooked only until the edges begin to curl. When making oyster stew, saute oysters in butter and add to hot milk. Serve at once.

*Shrimps* should be washed carefully. Cover with water. Simmer until tender in water to which 1 t. of salt to each quart has been added. Drain. Remove shell. Remove dark vein from the center back of each shrimp.



## FISH SHELL FISH AND AMPHIBIANS

NAME OF FISH	TYPE	METHODS OF COOKERY				SEASONS Months (incl)
		Baked	Boiled Steamed	Broiled	Fried	
Barracuda	Fat	Best		Good	Fair	Feb - June
Bass Black	Lean	Good		Good	Best	All year
Bass Sea	Fat	Good		Best	Good	All year
Bluefish	Lean	Best		Good	Fair	May - Oct
Bonito	Fat	Best		Good	Fair	June - Oct
Catfish	Lean	Fair			Best	Apr - Oct
Clams Long	Lean	Good	Best		Good	All year
Clams Razor	Lean		Usually minced and canned			
Cod	Lean	Best	Fair	Good	Good	Best in Oct and Dec
Crabs Blue					Fried in batter after parboiling	May - Oct
Crabs Hard Shell			Best			Nov - June
Flounder	Lean	Good		Good	Best	All year
Frogs	Fat	Good			Best	June - Oct
Haddock	Lean	Good	Fair	Best	Good	All year
Halibut	Fat	Good	Fair	Best	Good	All year (West)
Herring	Fat	Fair		Best	Good	All year (Alaska)
						Apr - Nov (Atlantic)
						Dec - Apr (Calif)
Kingfish	Lean	Good	Fair	Best		Jan - June
Lobster	Lean		Good	Best		All year
Mackerel	Fat	Good	Fair	Best		Apr - Nov
Oysters	Lean	Fair	Good		Best	Sept - Apr
Pickereel	Lean	Good		Fair	Best	All year
Pike	Lean	Good		Fair	Best	All year
Pompano	Fat	Good		Best	Fair	All year
Salmon	Fat	Best	Fair	Good		May - Nov
Scallops	Lean			Good	Best	Sept - Apr
Shad	Lean		Best		Good	All year
Shrimp	Lean		Best		Good	All year
Smelts	Fat			Good	Best	Sept - May
Snapper Red	Lean	Best	Good	Good		All year
Sole	Lean	Fair		Good	Best	All year
Sturgeon	Lean	Best		Good		Mar - June
Swordfish	Lean	Good		Best		July - Sept
Trout	Lean	Fair		Good	Best	Apr - Nov
Tuna	Fat	Best	Good	Good		Mar - Dec
Whitefish	Fat	Best		Good	Fair	Apr - Dec
Whiting	Lean		Good	Good	Best	Summer

## BAKED HALIBUT

AMOUNT	INGREDIENT	METHOD
15 lb	Halibut	} Cut into 50 steaks
	Dip each steak in	
1 lb	Butter melted	} Mixed
1 T	Salt	
1 t	Pepper white	
4 oz	Lemon juice	
1 T	Onion juice	
	Dredge with	
14 oz	Flour	
	Place close together in oiled baking pan	
	Pour over the top 2 oz. of melted butter in $\frac{1}{4}$ c. milk	
Bake approx 20 min 400°F		

## STUFFED HADDOCK

AMOUNT	INGREDIENT	METHOD
20 lb	Haddock	} Dress fish Leave whole Wash and dry inside Sprinkle with salt and pepper inside and outside
	Stuff and sew or fasten with skewers	
	Dredge with flour	} Place in baking pan in which has been arranged
1 lb	Salt pork sliced	
8	Bay leaves	
1 T	Cloves	
	Baste with hot water every 15 min	
Bake approx 1½ hr 350°F		

## BAKED SCALLOPS AND MUSHROOMS

AMOUNT	INGREDIENT	METHOD
2 lb	Mushrooms fresh sliced	
2 oz	Brown in Butter	
6 lb	Add Scallops	} Cooked until tender in their juice and 2 oz butter
4 qt	Divide evenly into 50 casseroles Fill casseroles with White Sauce No. III Cover with buttered crumbs	

Bake 30 min 350°F

Note 10 lb sweetbreads (parboiled and membranes removed) diced may be used in place of scallops

## SALMON AND POTATO CHIP CASSEROLE

AMOUNT	INGREDIENT	METHOD
6 1 lb cans 2 lb	Salmon flaked Potato chips crushed	} Save ½ lb for topping
6 10-oz cans 6 oz 4 oz	Add Cream of Mushroom Soup Butter Flour	
	Mix well	} Made into a sauce
	Pour into casserole	
	Cover with crushed potato chips	

Bake 20 min 375°F

## CASSEROLE OF RICE AND TUNA

AMOUNT	INGREDIENT	METHOD
1 lb 1 oz	Rice Salt	} Wash and cook in 8 qt of boiling water until tender
	Drain and wash	
4 qt 6 13-oz cans	Add White Sauce No. III Tuna fish flaked	} Mix carefully
	Pour into a pan 12 in x 20 in	
9 oz 4 oz	Crums Butter	} Mixed

Bake approx 45 min 300 F

Serving approx 4 oz

# SCALLOPED OYSTERS

AMOUNT	INGREDIENT	METHOD
3 qt 1 lb	Cracker crumbs Butter melted	Mix
1 oz	Salt	
1/2 t	Paprika	
1 t	Pepper	
6 qt	Oysters	Drain and remove any bits of shell
	Spread 1/3 of the crumbs over the bottom of an oiled baking pan 12 in x 20 in. Cover with 1/2 of the oysters repeat with crumbs and oysters	
	Pour over the top of oysters	
1 qt	Milk or cream	Cover with remaining crumbs
1 1/2 pt	Oyster liquor or water	

Bake 10 min 350°F

NOTE Two cups of finely chopped celery may be added for variety

# DEVILED CRAB

AMOUNT	INGREDIENT	METHOD
12 6 1/2-oz cans	Crab meat flaked	Mix
	Add	
4 T	Lemon juice	
1 oz	Salt	
2 t	Pepper	
1 g	Cayenne	
5	Eggs beaten	
1 T	Worcestershire sauce	Made into a white sauce
	Add	
12 oz	Butter	
2 qt	Milk	
6 oz	Flour	
1 1/2 t	Mustard prepared	Mix well fill ramekins and cover with
1 qt	Crumbs buttered	

Bake 15 min 400°F

## CREOLE SHRIMP WITH RICE

AMOUNT	INGREDIENT	METHOD
6 oz	Onions chopped	} Cook 15 min
12 oz	Celery chopped	
	Brown in	
3 oz	Fat	
	Add	
3 T	Flour	
1 oz	Salt	
1 pt	Water	
	Add	
1½ qt	Tomatoes	
6 T	Vinegar	} Keep hot
2 T	Sugar	
3 lb	Shrimp fresh	} Keep hot
4 lb	Rice cooked	
Serve rice with No 12 dipper Place 1 oz shrimp on rice		
Top each serving with sauce		

## SALMON LOAF

AMOUNT	INGREDIENT	METHOD
2½ c	Milk	} Heat to boiling point
	Add	
12 oz	Bread cubes soft	} Mix well
	Add	
6 x 1 lb cans	Salmon	} Mix
1 T	Salt	
½ t	Paprika	
2	Lemon rinds grated	
½ c	Lemon juice	
6 oz	Butter melted	
12	Egg yolks beaten	
	Fold in	
12	Egg whites beaten	
	Form into 4 loaves approx 4 in x 9 in	
Bake 1 hr 15 min 325°F		Serving approx 3½ oz

# CODFISH BALLS

AMOUNT	INGREDIENT	METHOD
5 lb (A P)	Potatoes	} Cook and mash
	Add	
5 lb	Codfish salt	} Cooked until tender and boned
2½ oz 10	Fat Eggs beaten	
	Form into balls 1½ in in diameter	Bread and fry
		Serving 2 balls

NOTE If codfish is very salty some soaking may be needed. Serve with White Sauce No. 11 to which 2 oz of pimiento has been added.

# TUNA FISH AND NOODLES

AMOUNT	INGREDIENT	METHOD
1 lb 12 oz	Noodles	} Cook drain and wash
	Add	
6 13-oz cans	Tuna fish flaked	} Made into a white sauce
	Add	
2 qt	Milk	} Made into a white sauce
1 oz	Salt	
4 oz	Flour	
8 oz	Butter	
	Place in baking pan 12 in x 20 in	Bake 30 min Sprinkle over the top
1 lb	Cheese ground	(Bake 15 min longer)

Baking temp 300 F

# TUNA FISH RAREBIT

AMOUNT	INGREDIENT	METHOD
5 13-oz cans	Tuna fish flaked	} Mix with
	Butter	
9 oz	Flour	} Make a white sauce
6 oz	Milk	
3 qt	Salt	
1 T	Cayenne	
1 lb	Cheese ground	} Cook over hot water until cheese is melted
8 oz		
	Serve with No. 1. dipper on toasted bun	

## CREAMED TUNA FISH

AMOUNT	INGREDIENT	METHOD
1 lb oz	Butter melted	} Make a white sauce
7 oz	Flour	
3 3/4 qt	Milk	
6 T	When thickened add	
1/4 t	Worcestershire Sauce (may omit)	
1 T	Cayenne	
	Salt	
9	Add	
6 oz	Eggs hard cooked chopped	
6 oz	Green pepper chopped	
	Pimiento chopped	
6 13 oz cans	When ready to serve pour over	
	Tuna fish flaked hot	
	Serving approx 4 oz	

NOTE Serve on toast

Other cooked fish may be substituted for tuna

## LOBSTER À LA NEWBURG

AMOUNT	INGREDIENT	METHOD
12 oz	Butter hot	
12 (1 1/2 oz cans	Add	
	Lobster meat diced	} Cook slowly 10 min
3 oz	Add	
2 t	Flour	} Mix well
	Salt	
1 1/2 qt	Add	
	Cream 20 per cent	} Stir constantly Cook until sauce thickens
	hot	
1 3/4 c	Add	
	Egg yolks beaten	} Cook 1 min but do not boil
	Serve at once	

## FROSTINGS AND FILLINGS

Were it as easy to cook as to tell how to cook and a wish  
were a dish we could dine from our book.

—ANON

### BOILED FROSTING

AMOUNT	INGREDIENT	METHOD
4 lb 2 1/2 c	Sugar Water hot	} Stir until sugar is dissolved Boil without stirring to 238°F or soft ball stage
8	While beating pour gradually over Egg whites beaten Continue beating until frosting is of consistency to spread	
2 T	Add Vanilla Spread on cake at once	Yield approx 4 1/4 qt

### FLUFFY FROSTING

AMOUNT	INGREDIENT	METHOD
2 lb 8 oz 1 1/2 c 5 T 1/4 t	Sugar Water Corn syrup Salt	} Boil together until mixture reaches the soft ball stage (238 F)
10	Add 1/2 of the mixture to Egg whites beaten	
	Add Remainder of syrup mix ture	} Cooked until it forms a hard ball (250°F)
	Beat until it holds its shape	
1 T	Add Vanilla	Yield 4 1/4 qt



## PLAIN POWDERED SUGAR FROSTING

AMOUNT	INGREDIENT	METHOD
2 lb	Sugar powdered sifted	
	Gradually add	
$\frac{3}{4}$ c	Water boiling	} Beat until right consistency to spread
	Add	
1 t	Vanilla	
Yield approx 4 c		

## COCOA MOCHA FROSTING

AMOUNT		INGREDIENT	METHOD
	1 c	Coffee infusion	} Mix together and bring to the boiling point
	2 oz	Butter	
		Add	
	3 oz	Cocoa	} Mix well
		Add	
2 lb	½ t	Salt	} Mix until smooth
		Sugar powdered	
	½ t	Vanilla	
			Yield approx 4 c

NOTE Add more sugar if necessary to make frosting hold its shape

## QUICK FROSTING

AMOUNT	INGREDIENT	METHOD
6	Egg whites unbeaten	
$1\frac{1}{2}$ c	Corn sirup	
2 t	Vanilla	

Mix and beat with electric beater until mixture will hold its shape approx 15 min on second speed

Yield approx 7 c

## ICE CREAM FROSTING

AMOUNT		INGREDIENT	METHOD
18	6 oz	Egg whites beaten Sugar powdered	Combine Beat until the consistency of meringue
3 lb 1 pt		Add slowly Sugar granulated Water hot	
		Beat until mixture is thick and creamy	Combine and boil until it spins a 3 in thread (238 F)
13 oz - T		Add Sugar powdered sifted Vanilla	
		Yield approx 2 gal	

NOTE Add more powdered sugar if necessary to make frosting hold its shape when spread Can be kept several days in ice box

## ORANGE FROSTING

AMOUNT		INGREDIENT	METHOD
1 lb	12 oz 2 T 3 oz 2 oz 4	Sugar powdered sifted Orange peel grated Orange juice Lemon juice Egg yolks	Beat together  Yield approx 1 qt

NOTE If necessary add more sugar for the proper consistency

## CARAMEL FROSTING

AMOUNT		INGREDIENT	METHOD
1 lb	4 oz 1 1/4 c	Sugar light brown Water hot	Place over low flame and stir constantly until sugar is dissolved and mixture boils Continue cooking until mixture forms a medium ball (240°F)
6		Pour sirup in fine stream over Egg whites beaten Continue beating until cold and stiff enough to spread on cake	
1 t		Add Vanilla	Yield 2 1/2 qt

## BUTTER CREAM

AMOUNT		INGREDIENT	METHOD
1 lb	5	Sugar powdered	} Mix Place on stove Cool and beat until lukewarm
		Eggs	
1 lb		Remove from stove and add Butter unsalted creamed Mix well	
Yield approx 1 qt			

NOTE Make several hours before using May be used as frosting for petits fours

## CHOCOLATE BUTTER CREAM

AMOUNT	INGREDIENT	METHOD
2 lb 1 lb	Butter unsalted Fat	} Cream until light and fluffy
	Add	
9 oz	Milk condensed	} Mix well
	Add	
1 lb	8 oz Sugar powdered	} Mix well
	Add	
8 oz 1 t	Chocolate unsweetened melted Vanilla	
Yield Frosting for 48 cakes 2½ in x 4 in		

NOTE Keep in a cool place

## LADY BALTIMORE FILLING

AMOUNT	INGREDIENT	METHOD
1 t	Orange juice	} Combine
1½ T	Lemon juice	
7 oz	Cherries candied	
4½ oz	Macaroon crumbs	
5 oz	Almonds chopped	
1¾ qt	Add	
	Boiled Frosting	
	Blend and spread between layers for cake	
		Yield 1 78 qt

## CUSTARD FILLING

AMOUNT	INGREDIENT	METHOD
1 lb 6 oz	Cornstarch	} Mix
1/2 t	Sugar	
	Salt	
1 pt	Add Milk cold	} Stir until smooth
2 1/2 qt	Add Milk hot Cook over water until thick	} Stirring constantly
6	Add Eggs beaten	} Mix thoroughly Cook 7 min
2 t	Remove from fire add Vanilla	
Yield approx 3 qt		
NOTE Use as a filling for cream puffs or Washington Cream Pie		

## DATE FILLING

AMOUNT	INGREDIENT	METHOD
2 lb (A P )	Dates or figs chopped	} Cook until mixture is thick
2 1/4 c	Water	
12 oz	Sugar	
NOTE Cool and spread on cookies or use as a cake filling 1/2 c jelly or 1/4 c orange juice may be added to filling		

## PRUNE FILLING

AMOUNT	INGREDIENT	METHOD
1 lb	Sugar	} Mix and cook in a double boiler Yield approx 1 qt
4	Eggs well beaten	
1 c	Sour cream	
1/2 t	Salt	
2 oz	Butter	
1 oz	Flour	
1 pt	Prunes cooked chopped	
	Mix and cook in a double boiler	

## MEAT

The turnpike road to people's hearts I find  
Lies through their mouths or I mistake mankind  
—DE WOLCOTT

The following material is a report<sup>1</sup> of methods of cookery regarded by investigators in the field as suited to the various retail and wholesale cuts of meat

### BEEF\*

	RETAIL CUT	WHOLE SALE CUT	COOKING	
			1ST METHOD	2ND METHOD
I Hindquarter				
1 Round	Hind shank Heel of round Round steak Top round (steak) Bottom round Eye of round Sirloin tips steak Rump roast Rump roast (boned) Dried beef sets	Round " "	Stew Braise " " " Creamed chopped beef	Stew Simmer Fry Broil Fry Braise Broil Roast "
2 Loin	Butt end sirloin Wedgebone sirloin Round bone sirloin Double bone sirloin Hip bone sirloin Sirloin roast Sirloin butt Porterhouse or T bone Tenderloin steak Club steak	Loin " " "	Broil " " Roast " Broil "	Panbroil " " " Braise " Panbroil "
3 Flank	Flank steak Flank steak fillet Flank cubed	Flank	Braise "	Stew Fry Stew

<sup>1</sup> Unpublished material Home Economics laboratory manual Courtesy D. L. Mackintosh, Dept. Animal Husbandry, N. S. C.

## BEEF (continued)

	RETAIL CUT	WHOLE CUT	COOKING	
			1ST METHOD	2ND METHOD
II Forequarter				
1 Ribs	Rib roast—1st cut (11-12 rib) Rib roast—2nd cut (9-9 10 rib) Rib roast—3rd cut (6 - rib) or blade roast Rib steak	Rib	Roast " Broil	Roast " Panbroil
2 Chuck	Chuck rib Cross arm or shoulder arm Chuck rib steak Cross arm steak Top chuck Knuckle Neck Inside roll Outside roll Ground beef (hamburger)	Chuck	Braise " " Simmer Roast Braise Panbroil	Roast Braise Fry Braise Simmer " Stew Braise Roast Fry
3 Plate	Rolled plate Plate pot roast Skirt fillets Short ribs	Plate	Braise	Braise Simmer Fry Simmer
4 Brisket	Fresh brisket Boned brisket Corned brisket	Brisket	Simmer	Braise Simmer
5 Shank	Fore shank	Shank	"	"
Specialties	Kidney† Brains† Heart Liver Tongue Plain tripe† Honeycomb tripe† Sweetbreads† Pancreas Thymus	Specialties	Braise (stew) Fry Braise Fry Simmer Fry	Broil Braise Simmer Braise Simmer "

\* Cooking methods are suggested for meat grading good or higher (U S Standard)

† Preliminary preparation may be desirable before using the suggested methods of cooking i.e. sweetbreads are parboiled kidneys and brains are soaked in salt water Fancy meats meat specialties sundries and offal products are synonymous terms

## FOOD FOR FIFTY

## VEAL

	RETAIL CUT	WHOLESALE CUT	COOKING	
			1ST METHOD	2ND METHOD
I Hind Saddle				
1 Round	Hind shank Veal cutlets Rump Heel of veal	Leg "	Simmer Braise Roast Braise	Stew Fry Braise Simmer
2 Loin	Loin end chop Center loin chop Kidney veal chop Loin roast	Loin " "	" " "	Fry " "
3 Flank	Cubed	Flank	Roast Braise	Braise Stew
II Fore Saddle				
1 Ribs—Rack	Rib chop Rib roast	Rib "	Braise Roast	Fry Braise
2 Shoulder	Blade shoulder Shoulder arm Blade shoulder chop Shoulder arm chop Neck	Shoulder " "	" Braise Simmer	Fry Braise
3 Breast	Breast cubed Breast rolled	Breast "	Stew Braise	Braise
4 Shank	Fore shank Ground veal (meat loaf)	Shank Trimnings	Simmer Bake	Roast Simmer Braise
Meat specialties*	Kidney Brains Heart Liver Tongue Tripe Sweetbreads	Specialties	Braise (stew) Fry Braise Broil Simmer Fry Simmer Braise	Broil Braise Simmer Fry Simmer Braise

See note for beef specialties

## LAMB

	RETAIL CUT	WHOLESALE CUT	COOKING	
			1ST METHOD	2ND METHOD
I Saddle				
1 Leg	Leg Leg slice	Leg	Roast Broil	Roast Panbroil
2 Loin	Loin end roll Center loin Loin end chop Center loin chop English loin chop English kidney chop	Loin	Roast 1 roll	Roast Panbroil "
3 Flank	Rolled flank (with breast)	Flank	Roast	Braise
II Rack				
1 Hotel Rack	Rib roast Crown rib roast Rib chop Frenched lamb chop	Hotel rack	Roast Broil "	Roast Panbroil "
2 Shoulder	Cushion style shoulder Rolled shoulder Blade chop Shoulder arm chop Mock duck  Saratoga roll Saratoga chop Neck slices	Shoulder     Shoulder & breast Shoulder "	Roast  Broil Roast " Broil Braise	Roast  Braise Roast Panbroil Stew
3 Breast	Breast cubed Breast rolled Lamb shanks Ground lamb (pasties)	Breast Trimming	Stew Roast Braise Broil	Braise Panbroil
Meat Specialties	Kidney Brains Heart Liver Tongue	Specialties	Panbroil Fry Braise Simmer	Stew Braise Bake Fry Simmer

\* See not for beef specialties



## PORK

	RETAIL CUT	WHOLESALE CUT	COOKING	
			1ST METHOD	2ND METHOD
1 Feet	<i>Fresh</i> Feet	Feet	Simmer	Simmer
2 Ham	Ham	Ham	Roast	Roast
	Fresh ham hock	"	Simmer	Bake
	Center cut	"	Roast	Roast
	Ham butt	"	"	"
	Center slice	"	Braise	Bake
	Ham butt slice	"	"	"
	<i>Cured</i> Hock	Hock	Simmer	
	Ham	Ham	Roast	Simmer
	Center cut ham	"	"	Braise
	Ham butt	"	"	Simmer
	Center slice	"	Broil	Panbroil
	Ham butt slice	"	"	"
	Ham shank	"	Simmer	Bake
3 Loin	Blade end chop	Loin	Braise	Fry
	Rib chop	"	"	"
	Center loin chop	"	"	"
	Loin end chop	"	"	"
	Shoulder end roast	"	Roast	Roast
	Rib roast	"	"	"
	Center loin roast	"	"	"
	Loin end roast	"	"	"
	Tenderloin	"	"	Braise
4 Fresh side	Fresh side pork	Side	Panbroil	Fry
	Cured bacon	Bacon	Broil	Panbroil
	Bacon brisket	brisket	Panbroil	Broil
	Dry salt belly	Belly	"	"
5 Fat back	Dry salt fat back	Fat back		
6 Spare ribs	Spare ribs	Spare ribs	Braise	Simmer
	Spare ribs (cured or smoked)			
7 Shoulder	<i>Fresh</i> Shoulder	Shoulder	Roast	Roast
	Picnic			
	Shoulder slices		Braise	Fry
	Shoulder roast		Roast	Roast
	Boston butt	Boston butt	"	"
	Boston butt chop		Braise	Fry
	Neck bones	Neck bones	Simmer	Braise
	Pork shoulder hock	Hock		
	<i>Cured</i> Picnic	Picnic	Roast	Simmer

## PORK (continued)

	RETAIL CUT	WHOLESALE CUT	COOKING	
			1ST METHOD	2ND METHOD
	Picnic slices Cottage roll Smoked pork shoulder hock	Picnic Cottage roll Hock	Braise Bake Simmer	Fry Simmer "
8 <i>Clear plate</i>	Clear plate (dry salt)	Clear plate	Panbroil	Broil
9 <i>Head</i>	Pork cutlets Bacon square Ground pork (sausage)	Cutlet Bacon square Trimnings	Braise Broil Fry	Fry Panbroil
<i>Meat specialties*</i>	Kidney Brains Heart Liver Tongue	Specialties	Braise Broil Bake Fry Simmer	Stew Fry Braise " Simmer

\* See note for beef specialties

Meat when delivered should be unwrapped and stored at a temperature of 1° to 2°C (33° to 36°F) with a relative humidity of 80 to 90 per cent. Temperature should not fall below freezing, unless frozen meat is being stored.

A low temperature in meat cookery regardless of the method, is desirable for the greater part of the cooking period, since a high temperature over a long period of time toughens protein and results in large shrinkage losses. The method of cookery is ordinarily determined by the amount of connective tissue in the meat.

# INTERNAL TEMPERATURES\* FOR VARYING DEGREES OF DONENESS IN ROASTS

MEAT	DEGREE OF DONENESS	TEMPERATURE		TIME PER POUND (APPROX) MINUTES
		DEGREES C	DEGREES F	
Beef	Rare	54 to 60	130 to 140	16
	Medium done	66 to 71	145 to 155	22
	Well done	77 to 82	160 to 170	30
Veal	Well done	74	165 to 175	20 to 25
Lamb	Well done	82	180	30 to 35
Pork fresh	Well done	85	185	30
Pork mild cured	Well done	71	160 to 170	18

\* Determined by the use of a meat thermometer

The methods of cooking meat are classified as (1) those using dry heat, including roasting, broiling, and panbroiling and (2) those using moist heat, including braising, stewing and cooking in water. Tender cuts are cooked by dry heat and the less tender are more successfully prepared by the use of moist heat.

## Broiled Steak

Steaks, in institutions, are usually broiled in a special broiler or salamander. If a broiling oven is used it should be preheated to a temperature of 177°C (350°F) and the steaks placed on a rack 2 to 3 inches from tip of gas flame or from electric unit. A 1 inch steak or chop is placed 2 inches from the heat; a 2 inch steak or chop is placed 3 inches from the heat. Steaks are browned on one side, seasoned, turned and browned on the opposite side and cooked to the desired degree of doneness. For a steak 2 inches thick this will require approximately 9 to 10 minutes cooking on each side. The meat should be turned only once.

## Panbroiled Steak

The steak to be panbroiled is placed on a sizzling hot metal and turned at frequent intervals to insure even cooking and to prevent scorching. Care should be taken not to puncture the meat with a fork while cooking. Neither water nor fat is added and excess fat should be drained off. When the meat is satisfactorily browned on one side it is turned and cooking continued until the desired degree of doneness is reached. In panbroiling a thick steak, it is necessary to reduce the temperature after browning.

## Roast Beef, Veal, Pork and Lamb

The piece of meat selected for roasting should be placed on a rack fat side up in an uncovered roasting pan without the addition of water. The meat should then be placed in an oven of low temperature and cooked at a constant oven temperature (350°F for fresh pork and 500°F for other meats including cured meats) until it has reached the desired degree of doneness. Salt need not be added before cooking as the penetration of the salt is not more than one inch.

## SWISS STEAK

Amount	Ingredient	Method
16 lb	Beef round $\frac{3}{4}$ in thick	
	Pound into steak	
1 lb	Flour	} Mixed
3 oz	Salt	
	Cut into individual servings	
	Brown in	
1 lb	Fat hot	
	Remove steak and add to fat	
3 oz	Flour	} Brown
	Add	
3 qt	Water	
	Salt	
1 t	Pepper	
	Place steak in roaster. Cover with gravy	

Cook approx  $2\frac{1}{2}$  hr 300 F

NOTE For Spanish Steak cover with Spanish Sauce after placing in roaster

## STUFFED FLANK STEAK

AMOUNT	INGREDIENT	METHOD
15 lb	Beef flank steak	} Slices should be approx 1½ in thick. Slit each slice through the center and fill with bread stuffing. Rub veal with salt.
2 oz	Salt	
	Arrange slices in a covered roaster	} Pour over veal a gravy made from
2 qt	Water	
1 qt	Cream	
5 oz	Flour	

Bake approx 2½ hr 300°F

NOTE For variety use milk in place of water and cream for gravy and add 2 T paprika just before serving

## COUNTRY FRIED STEAK

AMOUNT	INGREDIENT	METHOD
12½ lb	Beef round	} Remove bone from meat and trim. Cut meat into 50 equal portions.
	Dredge in	
8 oz	Flour	} Mixed
2 oz	Salt	
	Brown in	
1 lb	Fat hot	
	Place on a rack in a covered toaster	} Cover bottom of roaster with water
	roaster with water	

Cook approx 1½ hr 300 F

## BEEF STEW

AMOUNT	INGREDIENT	METHOD
10 lb	Beef cut into cubes	} Dredge meat with flour
4 oz	Flour	
	Brown in	
11 oz	Fat hot	
	Place in kettle	Add
3 qt	Water	} Cover and let simmer 1 hr
	Add	
1 lb	12 oz Carrots	} Let simmer 2 hr
	9 oz Onion	
	8 oz Celery	
	3 oz Salt	
	1 t Pepper	
	Thicken liquid with	
	2 oz Flour	
	Serving approx 3½ oz	

NOTE May be served with biscuits or dumplings For Hungarian Goulash add Chili Sauce to taste and serve with steamed rice

## MEAT LOAF

AMOUNT	INGREDIENT	METHOD
8 lb	Beef ground	
2 lb	Pork ground	
10 oz	Crumbs bread	
12	Eggs beaten	
2 qt	Milk	
2½ oz	Salt	
2 oz	Onion chopped finely	
2 t	Pepper	
1 g	Cayenne	
	Mix well	
	Place in 5 oiled pans 4 x 9 in	

Bake approx 1 hr 45 min 350°F

NOTE Onion may be omitted

For variety add

- 1 4 c stuffed olives chopped and cover the meat mixture with 1 qt sour cream
- 2 2 c celery chopped 2 c green pepper chopped
- 3 Cover meat mixture with tomato sauce
- 4 Cover meat mixture with sauce made by mixing 2½ c vinegar 5 T Worcestershire Sauce and 5 T Chili powder
- 5 Shape into 50 individual oblong loaves Bake 45 min 350°F

## MEAT CROQUETTES

AMOUNT	INGREDIENT	METHOD
8 lb	Meat cooked ground	Combine
2 oz	Onions chopped	
3 $\frac{1}{2}$ c	Milk	
1 oz	Salt	
	Measure with a No 12 dipper	
	Shape egg and crumb using	
6	Eggs	
1 c	Milk	
12 oz	Crumbs	

Fry in deep fat 3 to 4 min 375°F

NOTE If desired croquettes may be baked 1½ hr 350°F

## MEAT ROLL

AMOUNT	INGREDIENT	METHOD
2 lb	Flour	Use dough method of mixing Divide dough into 4 portions Roll each portion ¼ in thick
1 qt	Milk	
2½ oz	Fat	
2 oz	Baking powder	
1 oz	Salt	
5 lb	Spread over dough	Mixed
	Meat cooked ground cold	
3 c	Gravy cold	
	Roll as for jelly roll	
	Slice into pieces 1 in thick	

Bake 15 min 450°F

Serving 6 oz

NOTE Serve with a hot meat gravy

## SPANISH MEAT BALLS

AMOUNT	INGREDIENT	METHOD
12 lb	Meat ground	Combine Measure with No 8 dipper and form into balls Place in covered roaster
1 lb	Eggs beaten	
1	Onion small	
1 1/2 oz	Salt	
1 lb	Rice partially cooked	
1 lb	Potatoes mashed	Mixed
4 oz	Pepper, green	
	Pour over balls	Serving approx 4 oz
3 qt	Tomato purée	
2 qt	Water	

Cook approx 1 1/2 hr 300 F

## CREAMED DRIED BEEF

AMOUNT	INGREDIENT	METHOD
2 lb	Beef dried chipped freshened	
	Add	
5 qt	White Sauce No III	

NOTE: Serve on toast or with baked potato

## CREAMED BEEF ON TOAST

AMOUNT	INGREDIENT	METHOD
9 lb	Beef ground	Cook beef in own fat in heavy pan
	Add	
1	Onion small chopped (May omit)	
	Add	
3 pt	Stock hot	Made as white sauce
3 pt	Milk hot	
6 oz	Flour	
12 oz	Butter melted	
2 oz	Salt	

NOTE: Serve on toast



## BRAISED TONGUE

AMOUNT	INGREDIENT	METHOD
14 lb	Tongue	} Wash tongues Cook until tender Remove skin
	Place in pan add	
4 oz	Onions	} Diced fine
5 oz	Carrots	
4 oz	Celery	
3 qt	Add	} Made as white sauce
	Broth hot	
10 oz	Butter melted	
5 oz	Flour	
2 oz	Salt	
2 t	Pepper	
	Let simmer 2 hr turning meat occasionally	
	Serving approx 2 oz	

NOTE Cut the tongue into thin slices Pour the sauce over slices and serve

## BRAISED LIVER

AMOUNT	INGREDIENT	METHOD
10 lb	Liver sliced 5/1	
	Dredge with	
8 oz	Flour	} Mixed
2 oz	Salt	
2 t	Pepper	
1 lb	8 oz Brown liver in Fat hot	
	Place in a roaster	cover with Spanish Sauce and cook until tender
Cook approx 1½ hr 300°F		Serving approx 3½ oz

## VEAL CHOPS BAKED WITH SOUR CREAM

AMOUNT	INGREDIENT	METHOD
50 (approx 18 lb)	Veal chops cut $\frac{1}{4}$ in thick	
	Pound then dredge with	
8 oz	Flour	} Mixed
2 oz	Salt	
1 t	Pepper	
1 lb	8 oz	
	Brown in Fat hot	
	Remove to a roaster	
	Add	
2 qt	Cream heavy sour	} Mixed
2 qt	Water	

Bake approx 2 hr 250 F

NOTE Either sweet or sour cream may be used Veal steak may be substituted for chops

## BREADED VEAL

AMOUNT	INGREDIENT	METHOD
13½ lb	Veal round sliced	} Bone Trim Cut into 50 equal servings
	Dredge each piece in	
8 oz	Flour	} Mixed
2 oz	Salt	
	Egg and crumb using	
1 c	Milk	
6	Eggs	
1 lb	Crumbs fine	
1 lb	8 oz	
	Brown in Fat hot	
	Place on a rack in a covered roaster	

Cook 2 hr 250 F

## FOOD FOR FIFTY

## MOCK DRUM STICKS

AMOUNT	INGREDIENT	METHOD
10 lb 7 lb 50	Veal 1 in thick Pork loin 1 in thick Skewers	Cut meat into cubes and place on skewers alternating the veal and pork 2 pieces pork and 3 of veal on each skewer
8 oz 2 oz	Flour Salt	
1 c 6 4 oz	Milk Eggs Crumbs bread	Mixed Egg and crumb using
1 lb	Brown in Fat hot	
1 lb	Place on 1 rack in covered roaster	

Cook approx  $1\frac{1}{2}$  hr 300°F

NOTE A fresh mushroom may be placed at each end of skewer before cooking

Serving approx 5 oz

## VEAL PATTIES

AMOUNT	INGREDIENT	METHOD
10 lb 2 lb	Veal ground Salt pork ground Crumbs bread Eggs beaten Salt Pepper Onion grated Milk	Mix
6 oz 10 2 oz 2 t 1 oz 1 c		

Bake approx 30 min 350°F

NOTE Wrap with a strip of bacon and fasten with a toothpick if desired

For Lamb Patties

12 lb ground lamb shoulder meat 2 oz salt 1 t pepper Wrap with bacon strips Broil 18 min

For stuffed meat cakes

Place a thin slice of onion and tomato between 2 thin meat patties Press edges together and fasten with a toothpick Broil

## VEAL BIRDS

AMOUNT	INGREDIENT	METHOD
12½ lb	Veal round ¼ in thick	Remove bone trim cut into 50 oblong pieces
	(1) Spread one oz of stuffing on each piece of meat ¼ recipe p 171	
	(2) Roll and skewer each with a round toothpick	
	(3) Roll each piece in	Mixed
8 oz	Flour	
2 oz	Salt	
1 lb	Brown in Fat hot	
1 qt	Add Water	
	Place on a rack in a covered roaster	
	Cook until tender	

Cook 2½ hr 300°F

NOTE: Pork tenderloin may be substituted for veal

## VEAL SOUFFLE

AMOUNT	INGREDIENT	METHOD
4 qt	Milk scalded	Make a white sauce
2 oz	Butter melted	
4 oz	Flour	
2 oz	Salt	
½ t	Pepper white	
	Add in order given	
1 lb	Bread cubed	
24	Egg yolks beaten	
6 lb	Veal cooked minced	
	Fold in	
24	Egg whites stiffly beaten	
	Pour into 3 oiled pans 9 in x 14 in	
	Cook over water in oven	

Bake 45 to 55 min 325°F

Serving 1½ c

NOTE: Serve with Bechamel Sauce or Pimiento White Sauce. Chicken or fish may be used in place of veal

## VEAL FRICASSEE

AMOUNT	INGREDIENT	METHOD
15 lb	Veal breast or shoulder	} Cut into 1 in cubes
	Dredge in	
8 oz	Flour	
1 lb	Brown floured veal in Salt Pork	
	Add	
4 qt	Water	
2 oz	Salt	

Let simmer 2 hr or until meat is tender

NOTE Curried veal may be made by adding 1 oz of curry powder when water is added

## VEAL STEW WITH VEGETABLES

AMOUNT	INGREDIENT	METHOD
10 lb	Veal	} Cut into 1 in cubes
	Place in kettle and add	
3 qt	Water	} Cover and let simmer 1 hr
	Add	
1 lb	Carrots	} Let simmer for 1½ hr or until meat is tender
4 oz	Onions	
4 oz	Celery	
2 oz	Salt	
1 t	Pepper	
	Add	
5 oz	Flour made into a paste	
	Cook until gravy is thickened	

## SWEETBREAD CUTLETS

AMOUNT	INGREDIENT	METHOD
10 lb (A P)	Sweetbreads	} Soak 30 min in cold water Boil gently in acidulated water (2 T vinegar 1 t salt to 1½ qt water)
	Add	
8 oz	Mushrooms chopped	
2 oz	Salt	
1 t	Pepper	
5 T	Lemon juice	
1½ t	Nutmeg	
2 qt	Add	
8	White Sauce No IV	} Mix well
	Eggs slightly beaten	
	Dip with a No 12 dipper When cool shape egg and crumb Chill until firm	

Fry in deep fat 3 to 4 min 375°F

NOTE Cutlets should be held at room temperature at least 30 min before frying

Cutlets may be served on toast points with Hollandaise Sauce

Cooked chicken may be used in place of sweetbreads

## PORK AND NOODLE CASSEROLE

AMOUNT	INGREDIENT	METHOD
8 lb	Pork shoulder diced	? } Brown together
12 oz	Onion chopped	
	Add	
8 qt	Water	} Cook until tender Add more water if necessary
2 oz	Salt	
	Add	
1 lb	Noodles cooked	
	Place in casseroles	

Bake approx 30 min 350°F

Serving approx 4 oz

NOTE Chicken may be substituted for pork

## PORK CHOPS WITH STUFFING

AMOUNT	INGREDIENT	METHOD
12½ lb	Pork chops 4/1	
8 oz	Brown chops in Fat hot	
2 oz	Arrange chops in roaster Sprinkle over chops Salt	
3 qt	Place 2 oz stuffing } on each chop } Pour over them } Milk skim Baste frequently with the milk	Use ¼ bread stuffing recipe p 171

Bake 1½ hr 300°F

NOTE For Stuffed Pork Chops cut pork chops ½ in thick split Fill with stuffing Proceed as for Pork Chops with Stuffing

## DEVEILED PORK CHOPS

AMOUNT	INGREDIENT	METHOD
9 oz	Butter creamed	
	Add	
2 c	Chili sauce	} Mix and brush on chops
1 c	Tomato catsup	
½ c	Worcestershire sauce	
¼ c	Mustard prepared	
2 oz	Salt	
¼ "	Cayenne	
12½ lb	Pork chops cut 4/1	
	Pour remainder of sauce over chops	
	Add	
1 c	Water	

Bake approx 2 hr 350 F

## BAKED HAM

AMOUNT	INGREDIENT	METHOD
15 lb (approx) 4 oz - T	Ham cured Sugar brown Cloves whole	Trim ham if necessary. Rub sugar into ham and dot with cloves

Bake approx 30 to 35 min per lb 300°F Serving approx 2 oz

NOTE Variations Ham may be boiled or steamed until tender cooled in the  
broth sugar and spices added and browned in a hot oven

For mild cured ham bake 18 min per lb 325°F or follow directions on wrapper

## VIRGINIA BAKED HAM

AMOUNT	INGREDIENT	METHOD
16 lb	Ham cured center cut	Sliced $\frac{1}{2}$ in thick
	Rub over surface of meat	
14 oz 2 $\frac{2}{3}$ T	Sugar brown Mustard dry	Mixed
	Place in baking pan Pour around the ham slices	
2 qt	1 c Vinegar Water Cover tightly	Mixed

Bake approx 2 hr 300°F

Serving approx 2 oz

## HAM LOAF

AMOUNT	INGREDIENT	METHOD
4 lb 8 lb	Ham lean fresh Ham cured	Grind
	Add	
1 lb 1 pt	Crumbs Milk	Mix thoroughly
12	Eggs beaten	
1 t	Pepper	
	Mold into 5 oiled loaf pans Place pans in water	

Bake 2 hr 350°F



## HAM AND EGG SCALLOP

AMOUNT	INGREDIENT	METHOD
2 lb 12 oz 36 3 qt	Ham minced Eggs hard cooked sliced White Sauce No II	Fill oiled baking pans with alternate layers of ham eggs and white sauce
	Cover with 12 oz Bread crumbs 3 oz Butter, melted	
		Mixed together
Bake 30 to 40 min 400°F		Serving approx 4 oz

## SWEETBREADS AND HAM CREAMED

AMOUNT	INGREDIENT	METHOD
12 oz 8 oz 1½ oz 3 qt	Butter melted Flour Salt Milk	Make a white sauce
	Add Sweetbreads cooked Ham cooked	
3 lb 3 lb		Cut into cubes
Heat in top of double boiler 20 min		Serving approx ¾ c

## SAUSAGE ROLLS

AMOUNT	INGREDIENT	METHOD
10 lb (approx) 1 lb 8 oz 3 oz 1 oz 1 lb 1 qt	Sausage link Flour Baking powder Salt Fat Milk	Make a biscuit dough Divide dough into 2 por- tions Roll each portion to ½ in thickness and cut into rectangles 3 in x 4 in
	Place two partially cooked link sausages in the center of each piece of dough and fold over	
Bake 20 min 400°F		
NOTE Serve with sausage gravy		

## APPLES STUFFED WITH SAUSAGE

AMOUNT	INGREDIENT	METHOD
50 (approx 15 lb)	Apples tart	} Wash and core apples Pare upper $\frac{1}{4}$ of each apple
	Place apples in a baking pan Sprinkle over the apples	
3 lb	Sugar brown	
	In the center of each apple place an equal portion of pork sausage	
3 lb	Sausage	
	Pour hot water into the baking pan to a depth of 1 in	
Bake approx 1 hr 350°F or until apples are tender		
NOTE Serve with toast or with waffles		

## STUFFED PEPPERS

AMOUNT	INGREDIENT	METHOD
7 lb	Meat cooked ground	
	Add	
	Green pepper trimmings	} Fried 3 min
	Onion chopped	
1 4 oz	Fat	
	Add	
1 oz	Salt	} Mixed well
6	Eggs beaten	
1 pt	Milk	
	Fill	
50	Green pepper halves	
	Sprinkle over top	
4 oz	Bread crumbs	} Mixed
2 oz	Butter melted	
	Pour around peppers	
- qt	Milk	
Bake 1 hr 350 F		
Serving approx 5 oz		

## SCRAPPLE

AMOUNT	INGREDIENT	METHOD
8 lb 6 qt 3 oz	Pork fresh Water Salt	} Boil until the meat falls to pieces (Add water as it evaporates)
	(1) Remove the meat and bones from the liquid (2) Remove any bones or gristle from the meat (3) Chop meat fine and return to liquid (There should be $1\frac{1}{4}$ gal of boiling liquid)	
	Add slowly	
2 lb 8 oz	Cornmeal yellow	} Stirring constantly

Boil 5 min then place in steamer and cook 3 hr Turn into shallow pans to mold  
Cut into  $\frac{1}{2}$  in slices dip in flour and fry until brown and crisp on both sides

## HOT TAMALES PIE

AMOUNT	INGREDIENT	METHOD
2 lb 8 oz 2 oz 7 qt	Cornmeal Salt Water	} Make a stiff mush
	Pour half of hot mush into baking pan Cover with meat mixture	
8 lb	Beef cooked ground	
	Add	
3 qt 4 oz 2 cloves 1 oz 2 oz	Tomatoes Onions minced Garlic Salt Chili powder	} Mixed
	Pour remaining mush over meat mixture	

Bake 30 to 40 min 350 F

Serving approx 6 oz

## CREOLE SPAGHETTI

AMOUNT	INGREDIENT	METHOD
5 oz	Onion	} Fry
8 oz	Fat	
	Add	
2 oz	Flour	} Make as white sauce
1 No 10 can	Tomatoes hot	
	Add	
4 lb	Meat chopped or ground	cooked
	Add	
1 lb	Spaghetti	} Cooked until tender Drained and washed
7 qt	Water boiling	
1 oz	Salt	
	Pour into an oiled pan	
	Sprinkle over the top	
6 oz	Cheese ground	
Bake approx 45 min 300°F		Serving approx 5 oz

## MEXICAN CHILI

AMOUNT	INGREDIENT	METHOD
2 lb 12 oz	Beans kidney	} Cook
	Add	
1 qt	Tomato purée	} Mix
8 oz	Onions chopped	
9 lb	Beef ground seared	
3 oz	Suet	
2 1/4 oz	Chili powder	
1 oz	Salt	
	Water to make a total volume of 12 qt	
	Let simmer about 3 hr	
	Add	
5 oz	Flour	} Made into a paste
	Heat until flour is cooked	
	Serving approx 8 oz	

## CHOP SUEY

AMOUNT		INGREDIENT	METHOD
5 lb		Veal $\frac{1}{2}$ in cubes Pork $\frac{1}{2}$ in cubes	} Sear
3 lb			
		Add	
1 gal	3 oz	Salt	} Stew until tender
		Water	
		Add	
	11 oz	Flour	} Smoothed to a paste
	1 pt	Water	
		Add	
	4 oz	Green peppers cut fine	} Cook approx 30 min
	8 oz	Onions chopped	
5 lb		Celery diced	
		Add	
3 lb	6 oz	Bean sprouts	
	1-1 $\frac{1}{2}$ c	Chinese sauce	
3 lb		Serve on mounds of Rice	Steamed
3 (No 2 $\frac{1}{2}$ ) cans		Garnish with Chinese noodles	

## NOODLE RING

AMOUNT		INGREDIENT	METHOD
1 lb	12 oz	Noodles	} Cook until tender Drain and wash
6 qt		Water	
	1 $\frac{1}{2}$ oz	Salt	
		Add and mix	
	8 oz	Bread soft crumbs	} Chopped fine
	4 oz	Onion	
	2 oz	Green pepper	
	3 oz	Pimiento	
	2 t	Parsley	
	12	Eggs beaten	
1 qt		Milk	
	1 t	Paprika	

Pour into 50 individual oiled ring molds or 4 large molds. Set in pan of hot water. Bake 30 min 350°F. Unmold fill with creamed chicken or ham.

NOTE For rice ring substitute 1 $\frac{1}{2}$  lb of rice for the noodles. Noodles may be cooked in broth.

## PASTRY

Dame get up and bake your pies  
 Bake your pies bake your pies  
 Dame get up and bake your pies  
 On Christmas day in the morning

—MOTHER GOOSE

### PASTRY I

AMOUNT	INGREDIENT	METHOD
25 lb	Flour	} Mix (low speed) until flour and fat are thoroughly mixed
18 lb	Shortening	
3 <sup>1</sup> / <sub>4</sub> qt	Add	} Combined
12-14 oz	Water cold	
	Salt	
	Mix until dough will hold together	
		Yield approx 50 lb

NOTE Use approx 4 oz for lower crust and 3 oz for upper crust This pastry should be mixed several hours before it is to be used and may be kept covered in refrigerator for several days

### PASTRY II

AMOUNT	INGREDIENT	METHOD
1 lb 6 oz	Flour sifted	} Mix
1 lb	Shortening	
	Add slowly	} Combined
1 <sup>1</sup> / <sub>4</sub> c	Water cold	
1 T	Salt	
	Divide dough into 16 portions	
	Roll each portion to <sup>1</sup> / <sub>8</sub> in thickness	
	Yield six 8 in double crust pies	

NOTE For the best results this pastry should be used the day that it is made

## WHOLE WHEAT PASTRY

AMOUNT	INGREDIENT	METHOD
1 lb	Flour white	} Mix together until crumbly
1 1/4 oz	Flour whole wheat	
1 lb 5 oz	Shortening	
	Add	} Combined
1 3/4 c	Water cold	
1 oz	Salt	

Mix with a lifting and folding motion until all the wet spots have disappeared  
Do not overmix Let stand several hours before using

Yield eight 8 in double crust pies

## PIE MERINGUE

AMOUNT	INGREDIENT	METHOD
16	Egg whites	} Whip past frothy stage approx 1 1/2 min (third speed)
3 t	Salt	
	Add gradually while beating	} Mixed
14 oz	Sugar granulated	
1 T	Cornstarch	
	Beat until stiff enough to hold peaks but not dry Spread on pie	

Bake approx 15 min 350°F

Yield meringue for eight 8 in pies

## APPLE PIE

AMOUNT	INGREDIENT	METHOD
10 lb 8 oz	Apples tart sliced	} Arrange apples in 8 deep pie tins that have been lined with pastry
	Sprinkle over the apples	
2 lb	Sugar	} Mixed
4 oz	Cornstarch	
6 oz	Nutmeg	
2 t		
	Add	
8 oz	Butter melted	
	Cover with pastry Brush top with milk	

Bake approx 15 min 400°F Lower temperature to 325° and bake 40 min or until  
apples are done

Yield eight 9 in pies  
Note The amount of cornstarch may vary with juiciness of the apples used

## CANNED FRUIT PIE FILLING

AMOUNT	INGREDIENT	METHOD
1 qt	Juice	} Heat
	Add while stirring	
1 pt 6 oz	Juice Cornstarch	} Mixed
	Cook until stiff	
	While still hot add	
3 lb 4 oz 1 T	Sugar Salt	} Mix thoroughly and bring to boiling point
1 1/2 No 10 cans	Add Fruit water pack drained Mix carefully Cool at room temperature before using	

Bake approx 30 min 425°F

Yield eight 8 in pies

NOTE This recipe may be used for all canned fruit fillings such as apricot black berry cherry gooseberry or raspberry

## RAISIN PIE FILLING

AMOUNT	INGREDIENT	METHOD
4 lb 4 1/2 qt	Raisins washed Water hot	} Let simmer until raisins are plump
	Add while stirring	
2 lb 4 oz 6 oz 2 t	Sugar Cornstarch Salt	} Mixed
	Cook until thick	
	Add	
6 T 3 oz	Lemon juice Butter	
	Pour into unbaked pie shells	

Bake 15 min 425°F and 15 min 375°F

Yield eight 8 in pies

NOTE A superior product is obtained if 3 qt cream are substituted for 3 qt water



## DRIED APRICOT PIE FILLING

AMOUNT	INGREDIENT	METHOD
5 lb	Apricots dried	Wash and drain Cover with water Cook slowly with out stirring until tender (approx 45 to 60 min )
4 lb	Add	
2½ oz	Sugar	Mixed
¾ c	Cornstarch	
	Water	
	Continue cooking until juice is clear	
	Cool before pouring into unbaked pie shells	

Bake 30 min 450°F

Yield eight 8 in pies

NOTE For prune pie filling use 8 lb prunes (cook and pit) 4 c prune juice 2 lb sugar 8 oz butter ½ c lemon juice, 4 oz flour and 1 t salt

## CRANBERRY PIE

AMOUNT	INGREDIENT	METHOD
2 lb	Raisins cooked	
5 lb	Cranberries	
	Add while stirring	
2½ c	Orange juice	Mixed
8 oz	Cornstarch	
5 lb	Sugar	
1 T	Salt	
	Cook over low heat until thick	
	Cool before pouring into unbaked pie shells	

Cut pastry for upper crust into ¾ in strips Arrange in lattice fashion across top

Bake 30 min 425°F

Yield eight 8 in pies

NOTE If cranberries are tart more sugar may be needed

## RHUBARB PIE FILLING

AMOUNT	INGREDIENT	METHOD
4 lb	Sugar	Mix
1 t	Salt	
4	Lemon rinds grated	
8 oz	Flour	
	Add	Mixed
	Eggs beaten	
7 lb	Rhubarb cut fine	
8 oz	Fill unbaked pie shells	

Bake approx 30 min 350°F

Yield eight 8 in pies

NOTE A top crust may be made of ¾ in pastry strips arranged in lattice fashion

## CREAM PIE FILLING I

AMOUNT	INGREDIENT	METHOD
4 qt	Milk	Heat until boiling point is reached
	Add while stirring	
3 lb 3 oz 11 oz 2 t	Sugar Cornstarch Salt	Cook until thick Mixed
	Add while stirring	
16	Egg yolks beaten	Cook approx 10 min
	Add	
4 oz 2 T	Butter Vanilla	Beat thoroughly
	Pour into baked pie shells	
		Cover with meringue
Bake 15 min 350 F		Yield eight 8 in pies

## CREAM PIE FILLING II

AMOUNT	INGREDIENT	METHOD
2 qt + 1 c 1 T	Milk Salt	Heat to the boiling point
1 lb 8 oz	Sugar	
	Add slowly stirring constantly	
6 oz 6 oz	Flour Cornstarch	Mixed
6	Eggs whole	
	Egg yolks	
1 1/2 pt	Milk	
	Stir until thick cook well	Remove from fire
	Add	
1 T 3 oz	Vanilla Butter	Mix well when butter is melted
	Pour over	
16 12 oz	Egg whites beaten Sugar	Mixed
	Pour into baked pie shells while mixture is hot	
		Chill Yield eight 8 in pies

NOTE For fruit tarts Substitute 2 qt cream for equal quantity of milk Fill baked individual pastry shells 1/3 full of cream pie filling add fresh canned or frozen fruits (blueberries peaches cherries) Cover with whipped cream

## CREAM PIE VARIATIONS

KIND	CHANGES IN CREAM PIE FILLING I
Cocoanut Cream	Add 12 oz browned cocoanut to meringue and filling
Grapenut Cream	Add $\frac{1}{2}$ package of grapenuts and 2 oz butter
Chocolate	Add 1 oz cocoa and 3 oz sugar Omit 1 oz cornstarch
Banana	Slice 1 large banana in each pie shell before adding cream filling
Nut	Add $\frac{1}{4}$ c chopped pecans or other nuts

## BUTTERSCOTCH CREAM FILLING

AMOUNT	INGREDIENT	METHOD
1 lb	Butter melted	
	Add	
2 lb	Sugar brown	} Mix thoroughly Stir and cook over a low flame to 220 F
8 oz	Salt	
	Add slowly while stirring	
3 qt	Milk whole	} Stir well
	Heat the above mixture to the boiling point	
	Add while stirring	
	6 oz Cornstarch	} Thoroughly blended
	6 oz Flour pastry	
1 qt	Milk warm	
	Eggs whole	
	Egg yolks	
	Cook until thick Remove from fire	
	Add	
2 T	Vanilla	
4 oz	Butter in small pieces	
	Cool Fill baked pie shells	
	Cover with meringue	

Bake 15 min 350 F

Yield eight 8 in pies

# PUMPKIN PIE

AMOUNT		INGREDIENT	METHOD
2 qt	1 1/2 pt	Eggs beaten	Combine
	1 pt	Pumpkin	
		Add	
1 lb	12 oz	Sugar	Mixed
	10 oz	Sugar brown	
	1 T	Ginger	
	1 1/2 T	Cinnamon	
	1 T	Salt	
		Add	
2 qt		Milk	
	3 c	Cream	
		Pour into unbaked pie shells	

Bake 15 min 425°F lower temp to 275°F and bake 45 min  
Yield eight 8 in deep pies

# LEMON PIE FILLING

AMOUNT		INGREDIENT	METHOD
2 qt	1 c	Water	Heat to the boiling point
3 lb	8 oz	Sugar	
	2 t	Salt	
	3	Lemon rinds grated	
		Add slowly stirring constantly	
12 oz		Cornstarch	Cook until clear and until boiling point is reached
1 1/2 pt		Water	
		Remove from fire	
		Add slowly stirring constantly	
1 1/2 c		Whole eggs or 16 yolks well beaten	
		Add	
3 oz		Butter	
		Add	
1 1/2 c		Lemon juice	Mix well
		Pour into baked pie shells	
		Cover with meringue	

Bake 15 min 350°F  
Yield eight 8 in pies

## GRAHAM CRACKER PIE

AMOUNT	INGREDIENT	METHOD
1 lb 5 oz	Graham cracker crumbs	} Mix
1 lb 12 oz	Sugar	
1 lb 12 oz	Butter melted	
2 oz	Flour	
	Save 4 c for topping	
	Pat mixture into pie pans	
	Place pie pans in cold place and allow to stand for several hours	
	Fill with cream or caramel pie filling	
	Cover with meringue and sprinkle $\frac{1}{2}$ c crumb mixture over the top of each pie	
Bake approx 15 min 350°F		Yield eight 8 in pies

## SOUR CREAM RAISIN PIE

AMOUNT	INGREDIENT	METHOD
3 lb	Raisins	} Soak in hot water for 1 hr Wash well and drain
	Add	
16	Egg yolks beaten	} Mixed well
4 lb	Sugar	
2 qt	Cream sour heavy	
	Pour into unbaked pie shells	
Bake 45 min 300°F		Yield eight 8 in pies
NOTE A meringue made of the egg whites may be placed on top after the pie is baked		

## SOUR CREAM PIE

AMOUNT	INGREDIENT	METHOD
2 $\frac{1}{2}$ qt	Cream sour	} Mix and cook until thick
2 lb 1 oz	Sugar	
6 oz	Flour	
11	Egg yolks beaten	
	Cinnamon	
	Cloves	
	Nutmeg	
	Add	
3 lb 8 oz	Raisins cooked	} Pour into baked pie shells
A P		
	Top with meringue	
Bake 15 min 350°F		Yield eight 8 in pies

# PECAN PIE

AMOUNT	INGREDIENT	METHOD
4 lb 4 oz 1 T	Sugar Butter Salt	} Cream
24	Add Eggs beaten	
1 qt 2 1/2 T	Add Corn sirup white Vanilla	} Mix well
1 lb	Add Pecans	
	Pour into unbaked pie shells	
Bake 1 hr 300°F		Yield eight 8 in pies

# STRAWBERRY BAVARIAN CREAM PIE

AMOUNT	INGREDIENT	METHOD
12 1 lb 1/4 t	Egg yolks Sugar Salt	} Cream
1 qt	Add to Cream hot	
2 T 1 c	Add Gelatin Water cold	} Sprinkle gelatin over water Soak 10 min
1 1/2 qt 2 t	Add Cream whipped Vanilla	
	Fill 50 individual baked pie shells Around edge of filling place strawberries fresh or frozen cut lengthwise in halves Fill center with whipped cream (sweetened) and place a whole strawberry in center	

## CHOCOLATE CHIFFON PIE

AMOUNT		INGREDIENT	METHOD
	1½ oz	Gelatin	} Sprinkle gelatin over water Soak 10 min
	1½ c	Water cold	
		Add stirring until dissolved	} Combined
	1½ pt	Water boiling	
	8 oz	Chocolate	
		Add	} Mixed Cook until mixture begins to thicken
24		Egg yolks slightly beaten	
1 lb	8 oz	Sugar	
	1½ t	Salt	
	2 T	Vanilla	
		Cool until gelatin begins to set	} Fold in
		Fold in	
24		Egg whites stiffly beaten	} Folded together
1 lb	8 oz	Sugar	
		Pour into baked pie shells and chill	} Spread whipped cream over the pies just before serving
		cream over the pies just before serving	
		Yield eight 8 in pies	

## LEMON CHIFFON PIE

AMOUNT		INGREDIENT	METHOD
24		Egg yolks	} Beat well Cook over boiling water until the consistency of custard
1 lb	8 oz	Sugar	
	2 t	Salt	
	2½ c	Lemon juice	
		Pour over	} Which has been soaked in 1¼ c cold water 5 min
	1½ oz	Gelatin	
		Stir until dissolved add	} Place in ice box until mixture begins to congeal
	2 T	Lemon rind	
		Fold in	
24		Egg whites beaten	} Folded together
1 lb	2 oz	Sugar	
		Fill baked pie shells	} Yield eight 8 in pies

NOTE Just before serving spread 1 c whipped cream over the top of each pie  
Orange juice may be substituted for lemon juice

## LEMON FLUFF PIE

AMOUNT	INGREDIENT	METHOD
24 1 c 6 2 lb 1 t 3 oz	Egg yolks Lemon juice Lemon rinds grated Sugar Salt Butter	} Mix and cook in a double boiler until thick
24 2 lb	Fold in Egg whites beaten Sugar	} Folded together
	Pour into baked pie shells	

Bake 10 min 350°F

Yield eight 8 in pies

NOTE If baked too long pies will fall

## PUMPKIN CHIFFON PIE

AMOUNT	INGREDIENT	METHOD
2 qt 1 pt 3 c 2 t 2 lb 8 oz 1 T 1/2 T 1/2 T	Pumpkin Milk Salt Sugar brown Ginger Nutmeg Cinnamon	} Mix Heat to the boiling point
	Add	} Cook until mixture thickens (20 to 25 min if cooked in double boiler)
16	Egg yolks beaten	
	Pour over	} Sprinkle gelatin over water Soak 10 min
2 oz 1 pt	Gelatin Water cold	
	Add	} Cool until mixture begins to congeal
2 oz 1/4 c	Lemon rind grated Lemon juice	
24	Fold in Egg whites Sugar	} Beaten together to form me ringue
8 oz	Pour into baked pie shells Top with whipped cream and chopped nuts	
		Yield eight 8 in pies



## PREPARATION AND COOKING OF POULTRY\*

Stuff it and roast it and baste it with care  
Daintily then the gravy prepare  
While round you the savory odors shall tell  
What e'er is worth doing is worth doing well

A fowl is said to be dressed when it has been killed bled and plucked. A dressed fowl is not ready to cook until it has been drawn and trussed or disjointed. Trussing refers specifically to fastening the wings and legs to the body but is used here in the broader sense, including all the final operations of preparing a roasting fowl for the oven.

The first step in the further preparation of a dressed bird for cooking is to remove the hair or filoplumes by singeing over a fire. The bird should then be thoroughly cleaned with a vegetable brush. Some prefer to wash it also with soap and water.

### Preparing a Roaster

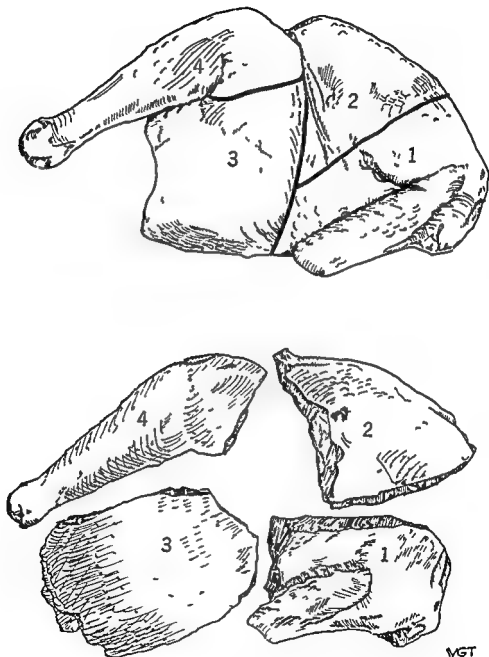
1 *Pull tendons and remove shanks* The tendons which connect the muscles of the leg or drumstick with the toes make that portion of the carcass tough and stringy. These may easily be removed (provided the bird has been chilled 24 hours or longer) by making an incision in the back side of the shank, slipping a nail or hook under one tendon at a time and giving a steady pull. A patented sinew puller may be used, with which all the tendons may be removed at once. After the tendons have been pulled, the shanks should be cut off at the hock joint.

2 *Remove the head, neck, gullet and crop* After the above operation place the bird on a table covered with clean wrapping paper and with a sharp knife make an incision in the skin down the back of the neck to the point where it joins the body. Then loosen the skin from the neck as well as the gullet, crop, and windpipe and pull the windpipe from the body. Cut off the head leaving the gullet, crop, and windpipe attached to the head and the loose neck skin.

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\* Adapted from mimeographed material Department of Poultry Husbandry Kansas State College

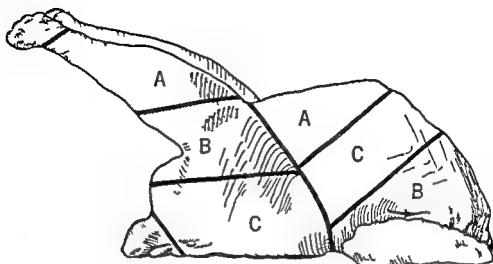




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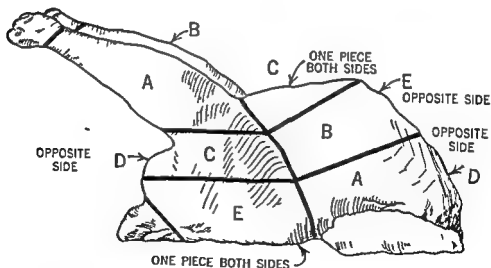
Courtesy A. M. N. and Co

FIG III—Cutting four portions of fowl for fricassee



*Courtesy Armour and Co*

FIG IV—Carving six portions of roast chicken—dark and light meat equally divided



**WGT**

*Courtesy Armour and Co*

FIG V—Carving five portions of roast chicken—dark and light meat equally divided

attached to the carcass. The neck is disjointed from the body at the shoulders. If one wishes to remove the wishbone, it should be done at this time. The bird is placed on its rump, the skin of the neck and crop is folded back, and the flesh is scraped from the wishbone with the back side of the knife blade. The knife is then passed under both sides of the bone, cutting it loose at the shoulders, after which the bone is easily removed.

3 *Drawing* Removing the internal organs is referred to as drawing. There are several ways by which this may be accomplished, but the method here described has proved very satisfactory.

Place the first finger in the opening at the crop and loosen both lungs. Then insert the knife at the side of the vent and cut completely around it. Wrap vent with paper and push into body cavity. Make a second cut 2 inches long half way between the vent and the end of the keel, perpendicular to the keel. Insert the finger through this 1st or larger incision, loosen the intestines, and draw them out as carefully as possible. The giblets, which include the heart, liver, and gizzard, are separated from the intestines, cleaned, and washed. The oil sac at the base of the tail should then be removed. The carcass is again washed inside and out and is ready for stuffing and roasting.

### Order of Procedure in Preparing a Roaster

#### 1 Preparation

- (a) Singe over a paper alcohol or gas flame
- (b) Brush
- (c) Pull tendons and remove shanks at hock joints
- (d) Cut down back of neck
- (e) Remove crop gullet windpipe and head
- (f) Cut neck from body at shoulders

#### 2 Drawing

- (a) Insert first finger and loosen the lungs
- (b) Remove wishbone if desired
- (c) Make incision around vent, wrap with paper
- (d) Cut across abdomen
- (e) Insert first and second fingers and draw
- (f) Separate giblets (heart liver and gizzard) from intestines

- 3 Trussing
    - (a) Sever tendons between drumsticks and thighs
    - (b) Place end of drumsticks through slit and out vent opening
    - (c) Draw neck skin over front opening on to back
    - (d) Fold wings in place
    - (e) Remove oil sac at base of tail
  - 4 Stuffing
    - (a) Salt inside and outside of roaster
    - (b) Stuff with dressing (1 c per pound of weight)
    - (c) Rub the bird with flour and butter paste (Use 4 oz of flour to 6 oz of melted butter to make paste)
  - 5 Roasting
    - (a) Place on rack in roasting pan with breast down Turn bird with breast up when half cooked
    - (b) Roast approx 35 to 40 min per lb 325°F Baste with butter and hot water when necessary (4 oz butter to 1 qt hot water)
- NOTE Roast turkey 25 to 30 min per lb 300°F

### Preparing Broilers

After the broiler is singed and brushed or washed the back is split and the internal organs are removed The neck is next removed and the broiler is left in one piece After broiling it may be served whole, in halves or in quarters depending upon the size

### Preparing Fryers and Fowls

1 *Disjointing fryers and fowls* Young chickens which are too large to broil and fowls that are not desirable for roasters are usually cut up into small pieces and fried fricasseed or stewed The bird to be so treated is handled in the same manner as the bird to be roasted until the time of drawing The bird is then cut into 12 pieces as follows The two wings are removed at the joint next to the body, then the legs are disjointed at the back each leg is cut into 2 portions at the knee which gives 2 drumsticks and 2 thighs An incision is next made through the thin muscle tissue at the rear of the breast or keel bone, and the knife is passed forward and upward to the juncture of the last rib and the back After this is repeated on the opposite side the back is broken at that point The intestines and giblets are removed and the latter are put to one side to be cleaned later The breast is separated from the ribs and cut into three pieces The neck and ribs constitute the two last pieces

## FOOD FOR FIFTY

## Cooking Fryers and Fowls

*Fried Chicken* Cut  $2\frac{1}{2}$  to  $3\frac{1}{2}$  lb chicken into desired pieces Dip into seasoned flour (or flour and cornmeal mixed) Fry slowly for 30 min in approx 4 to 6 oz of neutral fat May be covered the last few minutes of cooking period

*Chicken a la Maryland* Cut 4 to 5 lb fowl into desired pieces Dip into seasoned flour and brown in hot fat Place in roaster and cover with thin cream Bake until tender, approx  $2\frac{1}{2}$  to 3 hr  $325^{\circ}\text{F}$

AVERAGE PER CAPITA DRESSED WEIGHT ALLOWANCE FOR VARIOUS KINDS OF POULTRY\*

POULTRY	METHOD OF PREPARATION	CLASS	AVERAGE DRESSED WEIGHT AS PURCHASED	PER CAPITA ALLOWANCE DRESSED WEIGHT
Chicken	Roast	Rooster	4 to 7 lb	3 to 1 lb
		Capon	6 to 9 lb	3 to 1 lb
	Broil Cream or scallop Fricassee or stew Fry	Broiler	1 to 2 lb	2 to 1 lb
		Fowl or Hen	3 to 6 lb	16 lb
		Fowl or Hen	3 to 6 lb	16 to 1 lb
		Fryer	2 to 3 lb	3 to 1 lb
Turkey Duck Goose Guinea	Roast	Hen or Tom	12 to 16 lb	3 to 1 lb
			4 to 6 lb	3 to 1 lb
			10 to 12 lb	3 to 1 lb
		Hen	2 to 3 lb	2 to 1 lb

\* Adapted from Bessie Brooks West and LeVelle Wood Food Service in Institutions p 107 John Wiley & Sons 1938

## BREAD STUFFING

AMOUNT	INGREDIENT	METHOD
6 lb	Bread stale cubed	} Mix
1 t	Pepper	
2 t	Sage	
1 t	Salt	
2 oz	Onion minced	} Mix thoroughly and lightly
2½ qt	Add Water (or more)	
6 oz	Butter melted	
3	Eggs beaten	

NOTE: The amount of water required will depend upon the dryness of the bread. Chicken fat may replace part of the butter and broth may be used in place of water. For variety add 3 c celery chopped fine, 3 c chopped apple, 3 c cooked chestnuts, 3 c oysters and liquor or 2 lb sausage. Do not use whole wheat bread.

## VARIATIONS OF PLAIN BREAD STUFFING

KIND	INGREDIENTS*
Rice	Combine thoroughly 2 c cooked rice, heart, liver and gizzard of bird, cooked and minced, ⅓ t pepper, 1 t salt, ½ c minced celery, 3 T melted butter and 1 small onion minced.
Giblet	Add cooked giblets, chopped, to recipe for Bread Stuffing.
Mushroom	2 c mushrooms browned in 4 T butter. Add 3 c stale bread cubed, ½ t minced onion, 1 t salt, 1 T minced parsley and ½ c hot water.
Almond	1 c diced celery browned in 2 T melted butter. Add and combine lightly 3 c stale bread cubed, ¼ c chopped almonds, ½ c evaporated milk, ½ t minced onion, 1 t salt and ⅓ t pepper.

\* Stuffing for one 4 to 5 lb chicken



## CHICKEN FRICASSEE

AMOUNT	INGREDIENT	METHOD
25 lb (83 lb fryers)	Chicken	} Prepare as for stewed chicken Season with salt and pepper
1 oz	Salt	
1/2 t	Pepper	
	Dip each piece in	
12 oz	Flour	
	Brown chicken in	
8 oz	Butter hot	
8 oz	Fat hot	

Remove to roasting pan and cover with boiling water. Cook slowly. When tender remove from stock and make gravy in pan where chicken was browned. For gravy use 1/4 c fat, 1/4 c flour, and 3 qt liquid in which chicken was cooked.

## CHICKEN TIMBALES

AMOUNT	INGREDIENT	METHOD
1 lb	Butter	} Melt
	Add	
12 oz	Bread crumbs	} Cook 5 min stirring con- stantly
2 3/8 qt	Milk	
	Add	
5 lb 6 oz (4 1/2 to 5 lb fowls)	Chicken chopped	
	Parsley (may omit)	
3 T	Eggs beaten slightly	
32	Salt	
	Pepper white	
	Pour into 50 custard cups and bake as custard in pans of water	

Bake 30 min or until firm 325°F

NOTE: Serve with Bechamel Sauce. Garnish with rice egg yolk. May use ham in place of chicken.

## CHICKEN PIE

AMOUNT	INGREDIENT	METHOD
5 lb (4 4 <sup>1</sup> / <sub>2</sub> to 5 lb fowls)	Chicken cooked cubed	
3 lb 8 oz	Potatoes raw cubed	
2 lb	Peas fresh or frozen	
	Place in each of fifty 5 oz baking dishes	
	5 potato cubes	
	1 T peas	
	approx 1 oz chicken	
	Add	
	1/3 c chicken gravy	
	Cover with	

## Batter Crust

2 lb	4 oz	Flour	} Mix
	1 1/2 oz	Baking powder	
	1 T	Salt	
	2 oz	Sugar	
		Add	
2 qt	1 1/2 c	Milk	
18		Egg yolks beaten	
	4 oz	Butter melted	
		Stir only enough to mix	
		Fold in	
18		Egg whites beaten	

Bake 12 to 15 min 450 F

## CREAMED CHICKEN

AMOUNT	INGREDIENT	METHOD
1 lb	Flour	} Make as white sauce
3 1/2 c	Chicken fat	
3 3/4 qt	Chicken stock hot	
1 1/2 oz	Salt	
	Add	
2 qt	Milk hot	
5 lb (4 4 1/2 lb hens)	Chicken cooked cubed	
	Serving approx 6 oz	

## CHICKEN À LA KING

AMOUNT	INGREDIENT	METHOD
12 oz	Fat chicken melted	} Make as white sauce
10 oz	Cornstarch	
2 qt	Stock, chicken hot	
2 qt	Milk hot	
1 qt	Cream hot	
5 lb (4 4½ to 5 lb fowls)	When well cooked add Chicken diced	
1½ oz	Salt	
5 oz	Pimientos shredded	
12 oz	Butter	
16	Bring to the boiling point add Egg yolks beaten stirring constantly Yield 10 qt	

## CHICKEN AND RICE CASSEROLE

AMOUNT	INGREDIENT	METHOD
4 lb	Rice	} When cooked moisten with chicken broth
4 oz	Butter	
2½ qt	Milk	} Make as white sauce
2 qt	Broth	
4 oz	Flour	
5 lb (4 4½ to 5 lb fowls)	Add Chicken cooked diced	
1½ oz	Salt	
1 lb	Arrange in layers in buttered casseroles Rice chicken and Mushrooms	
8 oz	Almonds shredded	
4 oz	Pimiento	
	Cover with layer of rice Sprinkle with buttered crumbs	

Bake 1 hr 350 F

Serving approx 3½ c

## SCALLOPED CHICKEN

AMOUNT	INGREDIENT	METHOD
5 lb (4 1/2 to 5 lb fowls)	Chicken cooked cubed	
1 c 8 oz	Fat chicken melted	} Combine as white sauce
	Flour	
4 qt	Broth hot	
1 oz	Salt	
	When thick and smooth add	
1 c	Eggs well beaten	} Stirring constantly

Bake 30 to 40 min 350°F

Serving approx 6 oz

NOTE The fowl should be cooked and the sauce made the day before using. Put a layer of sage dressing in baking pan 12 in x 20 in a layer of sauce a layer of chicken then another layer of sauce. Cover with buttered crumbs.

## CHICKEN CROQUETTES

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz	Rice	} Cook rice in broth
3 qt	Chicken stock	
	Add	
1 T	Lemon juice	
2 T	Onion juice	
2 oz	Salt	
1 t	Celery salt	
	Add	
1 qt 11 oz	Flour	} Made into a thick sauce
	Chicken stock	
	Add	
5 lb (4 1/2 to 5 lb fowls)	Chicken cubed	} Mix well
	Measure with a No. 12 dipper	
	Let cool	
	Shape egg and crumb using	
8	Eggs	} Mixed
1 c	Milk	
8 oz	Bread crumbs dry	
	Place croquettes in a wire basket	
3 lb	Fry in Fat	

Fry in deep fat 3 to 4 min 375°F

# FOOD FOR FIFTY

## CHICKEN CUTLETS

AMOUNT	INGREDIENT	METHOD
6 lb (5 4½ to 5 lb fowls)	Chicken cooked cut fine	
1 qt	Add	
1 pt	Broth whole	} Make as white sauce
12 oz	Milk	
6 oz	Butter	
1½ oz	Flour	
	Salt	
8	When thickened add Eggs beaten	
	Measure with a No 12 dipper Shape Dip in egg and crumbs min before frying	Let stand at least 30

Fry in deep fat 3 to 4 min 375 F

## CHICKEN TURNOVERS

AMOUNT	INGREDIENT	METHOD
4 lb (3 4½ to 5 lb fowls)	Chicken cooked cubed	
1 qt	Add	
4 oz	Chicken broth	} Make as white sauce
6 oz	Flour	
1 T	Butter	
	Salt	
50 (approx 5 lb)	Place a No 20 dipper of mixture on Pastry rounds 6 in in diameter	
	Fold rounds over and seal	Perforate top

Bake approx 20 min 400°F  
NOTE Serve with chicken gravy

## JELLIED CHICKEN LOAF

AMOUNT	INGREDIENT	METHOD
1½ qt	Water cold	
	Add	
2½ oz	Celatin	1 Let stand 10 min
	Dissolve in	
4½ qt	Broth hot	1 Cool
	Add	
5 lb 8 oz (4 4½ to 5 lb fowls)	Chicken diced	
1 lb	Celery diced	
2 T	Onion juice	
2 oz	Pimiento chopped	
4 oz	Green pepper chopped	
1 lb	Pepper white	
1 t	Salt	
½ c	Lemon juice	
	Pour into 6 loaf pans and chill	

NOTE Peas and carrots may be substituted for the celery pimiento and green peppers Veal may be substituted for chicken

## SALADS

### A Salad

Oh green and glorious! Oh herbaceous treat!  
I would tempt the dying anchorite to eat  
Back to the world he'd turn his fleeting soul  
And plunge his fingers in the salad bowl!  
Serenely full the epicure would say  
Fate cannot harm me I have dined today!

—SIDNEY SMITH

## PREPARATION AND SERVICE OF SALADS

### I Selection of Ingredients

#### 1 The ingredients must be

- a Clean
- b Fresh
- c Tender
- d Chilled
- e Crisp

#### 2 Ingredients must form combinations

- a Simple
- b Palatable
- c Not too strong in flavor
- d Harmonizing in flavor with the food it accompanies
- e Colorful but not too strong in color
- f Harmonizing in color with other salad ingredients and the food it accompanies
- g Contrasting in texture with the food it accompanies

### II Preparation of Ingredients

#### 1 Fruit fresh

##### a Apples

Wash peel core remove bruises and spots

##### (1) Dice

Cut into rings and dice with sectional cutter (If the skins are tender and the color desired do not peel) Drop diced pieces into salad dressing, lemon pineapple or other acid fruit juice to prevent discoloration. If diced apple is placed in fruit juice drain before using in a salad

##### (-) Section

Cut into uniform pieces so the widest part of the section is not

more than  $\frac{1}{2}$  inch thick. Remove core from each section. If the peeling has not been removed score it in several places to facilitate cutting when it is served. Use the same method as above to prevent discoloration only do not use opaque salad dressing.

b Apricots

Cut into halves or sections and remove seed. Remove skins if desired.

c Avocado

Pare cut into halves or quarters and remove seed. Slice dice or cut into balls. Dip into French dressing or lemon juice. Pare only a short time before serving.

d Bananas

Remove skins. Cut into strips sections wedges or slice. Dip each piece into pineapple other acid fruit juice or salad dressing to prevent discoloration.

e Cantaloupe and other melon

Peel dice cut into balls with a French vegetable cutter or cut into uniform wedges or strips.

f Cherries or grapes

Wash drain halve and remove seeds.

g Grapefruits

(1) Sections

(Select large grapefruits wash and dry. Cut off a thick layer of skin from the top and bottom. Place grapefruit on cutting board start at the top and cut toward the board. (Always cut with a downward stroke and deeply enough to remove all the white membrane.) Turn grapefruit with the left hand. When paring is completed and pulp is exposed remove sections by cutting along the membrane of the next section and out to the exterior of the fruit. Turn the knife and force the blade along the membrane of the next section and out to the exterior of the fruit. Repeat for each section.)

h Oranges

(1) Sections

Peel and section as grapefruit.

(2) Slice or dice

Place in boiling water and allow to stand 5 to 10 minutes. Peel chill and slice dice (or section). All the white membrane is not removed by this method.

i Peaches

Pare or submerge in boiling water for a few minutes and remove skins. Chill. Cut into halves wedges or slices. Remove skins only a short time before using. Drop into acid fruit juice to prevent discoloration.



- j Pears  
Pare and remove core and seeds a short time before serving Cut into halves, wedges or slices
- k Pineapple  
Cut top from pineapple Pare and cut out eyes Cut into 4 sections Remove hard center and cut sections into  $\frac{1}{4}$  inch pieces or cut into cubes Sprinkle with sugar Let stand over night or at least a few hours before using
- 2 Fruit, canned
  - Whole fruit  
Select pieces uniform in size and shape and with a firm appearance Drain
  - b Cubed or sections  
Drain Cut into pieces uniform in size and shape with well defined edges Pieces should not be too small
- 3 Fruit, dried
  - a Prunes  
(Size 20 to 30) Wash soak cook in steam jacketed kettle or let simmer on top of stove until tender Remove seeds Chill before stuffing
  - b Raisins  
Soak in warm water wash drain and dry Add to salad ingredients or dressing
- 4 Gelatin salads
  - a Plain gelatin
    - (1) Place cold liquid in pan and sprinkle granular gelatin over it Let stand 5 to 10 minutes
    - (2) Add only enough boiling liquid to dissolve the hydrated gelatin Add cold liquid to make up the total volume required or place the hydrated gelatin in the steamer until it is dissolved The required liquid may then be added cold
    - (3) Allow the gelatin solution to reach room temperature if hot liquid has been added then place in refrigerator
    - (4) When liquid begins to congeal add fruit vegetable, or other ingredients in desired shapes and quantities
  - b Flavored gelatin
    - (1) Dissolve prepared powder in a small amount of boiling water or fruit juice The remainder of the liquid may be added cold
    - (2) Place in refrigerator as soon as room temperature has been reached
    - (3) When liquid begins to congeal add desired ingredients

## 5 Meat fish eggs, cheese and nuts

## a Eggs

Hard cook eggs by placing in cold water bringing to the boiling point and cooking 25 to 30 minutes below the boiling point. As soon as cooked cool quickly under running cold water. Remove shells. Use whole halved sliced or sectioned. Slice or mince whites. Force yolks through ricer.

## b Cheese

Grate cut in tiny cubes put through a ricer or pastry tube

## c Nuts

Blanch if necessary. Heat in hot oven to freshen if desired. Use whole shredded or chopped.

Blanched almonds

(1) Shell almonds

(2) Cover with boiling water and let stand until skins will slip

(3) Drain. Cover with cold water

(4) Rub off skins

(5) Place skinned almonds between clean dry towels to remove water

Toast blanched nuts or prepare as for salted nuts

## d Chicken

Remove skin, gristle and bone. Cut into  $\frac{1}{3}$  inch cubes. Mix with dressing and other ingredients just before serving.

## e Fish

Cook, remove skin and bones. Flake.

## f Meat

Cut in  $\frac{1}{3}$  inch cubes. Mix just before serving.

## 6 Vegetables fresh

If cooked strive to preserve shape, color, flavor and crispness.

## a Asparagus

Cook and marinate tips.

## b Beans dry

Soak, cook, keep whole.

## c Beans string

Remove strings. Leave whole or cut lengthwise. Wash, cook and marinate.

## d Beets

Wash, cook, peel, remove any blemishes. Cut into desired shape and marinate. Raw beets may be pared 2 minutes in an electric peeler and then cooked. Cut into desired shapes and marinate.

## e Cabbage

Remove outer leaves. Wash heads, cut into 4 to 6 pieces. Remove the center stalk. Shred the remaining portion as desired with

a long sharp knife or shredder Crisp in ice water 15 to 30 minutes if necessary

f Carrots

Pare 2 minutes in electric peeler Remove remaining skins eyes and blemishes by hand Cut into wedges rounds or strips Grind or shred or cook then cut into desired shapes and marinate

g Cauliflower

Remove all leaves and cut away any dark spots Separate into flowerets with 1 inch of stem left on each Soak in salt water (1 oz salt per gal or  $\frac{1}{3}$  c vinegar per gal) Cauliflower may be cooked and marinated or it may be marinated and served raw

h Celery

Separate outer stalks from heart of the bunch (Use outer stalks for soup) Wash trim and remove strings bruised and blemished parts

(1) Shred

Cut lengthwise Several stalks may be cut at one time Place them on a board and cut crosswise with a sharp knife

(2) Celery curls

(a) Cut celery into  $2\frac{1}{2}$  inch lengths

(b) Make lengthwise cuts  $\frac{1}{8}$  inch apart and about 1 inch in length on one or both ends of the celery strips

(c) Place in ice water for at least 2 hr before serving

(3) Celery rings

Cut celery into 2 inch lengths and then into pieces  $\frac{1}{8}$  inch thick Place in ice water for several hours (Each strip of celery will form a ring)

i Celery cabbage

Remove outer leaves Wash and shred as lettuce

j Chives

Remove roots and any dried or objectionable portions Wash Drain Cut leaves crosswise with a sharp knife or scissor

k Chicory

See endive

l Cucumbers

Wash pare to remove green skin Crisp in refrigerator

(1) Slice

Score cucumber lengthwise with a fork Slice in thin slices

(2) Wedges or strips

Cut cucumber into 4 pieces lengthwise Remove any large seeds and spongy pulp Cut into sections wedges or strips

- m Endive  
Wash remove any objectionable portion Drain, wrap in cloth and place in ice box
- n Escarole  
*See* endive
- o Green peppers  
Wash remove seeds and stems Cut into rings strips, dice or chop
- p Head lettuce  
Remove all dirty ragged and objectionable leaves from head and discard
  - (1) If to be used for a garnish cut out stem end or core Hold the inverted head of lettuce under running cold water until the leaves are loosened
  - (2) Turn heads right side up to drain Separate the leaves and stack 6 or 7 leaves in a nest
  - (3) Invert the nest and pack in a covered container Place in refrigerator 2 hr or more to complete crisping
- q Leaf lettuce  
Wash drain wrap in cloth and place in refrigerator
- r Onions  
Pour hot water over onions to cover them Under the water remove wilted leaves outer layer of the bulb firm root end and all bruised or decayed parts Cut as desired
- s Peas  
Remove from shells (Hot water may be poured over pods to facilitate shelling) Cook and marinate Drain before using
- t Potatoes
  - (1) Pare 2 minutes in electric peeler Remove remaining skin eyes and bruised part Cut into  $\frac{1}{2}$  inch cubes and cook or wash cook with skins on peel and dice
  - (2) Marinate 2 hours before using
- u Romaine  
*See* lettuce
- v Spinach
  - (1) Remove tough stems Examine leaves and discard all dry yellow wilted or slimy leaves
  - (2) Wash in warm water first then cold water as many times as necessary to remove sand
  - (3) Crisp and use as lettuce
- w Tomato  
Wash and remove skins  
Place tomato on a fork and rotate in a clear gas flame until skin begins to crack and then plunge into cold water Remove skins

Or

Place a few tomatoes in a wire basket and dip in boiling water until the skin begins to loosen. Then dip in cold water and remove skins. Chill.

x Turnips

Remove tops, wash, pare by hand. Shred or cut into fine strips.

y Watercress

See endive

### III Making the Salad

- 1 Drain and toss ingredients lightly together, if a mixed salad (Place on individual salad plates or place in salad bowl.)
- 2 If ingredients are to be marinated, marinate each separately.
- 3 Drain fruit or any ingredients that are surrounded by liquid.
- 4 Set up salads as follows:
  - a Arrange cold plates on large trays or in rows on table. Select china if possible that will add to the attractiveness of salad.
  - b Place salad green on plates. Place a lettuce cup so the frilly edge is at the back and top of the salad. (The leaf should not extend over the edge of the plate.)
  - c With the salad green as a base, build from the back to the front.
  - d Top salad lightly with some material that will give accent in color or flavor if desired.
  - e Add salad dressing just before serving if it is to be used.

### IV Service of Salads

Salads may be used

- 1 As a first course in a dinner menu  
(Fruit or sea food)
- 2 As a main course of a luncheon  
(Meat, fish, poultry, cheese)
- 3 As an accompaniment to the main course of a dinner or luncheon  
(Salad greens with vegetables, fruit, or combination)
- 4 As a second course in a dinner menu  
(Fruit or vegetable)
- 5 As a last course in a dinner menu  
(Fruit)

### V Accompaniments for Salads Used as a Separate Course

1 Breads

a Hot breads, buttered

Biscuits (small, various kinds)

Yeast rolls (various shapes and kinds)

Muffins (small, various kinds)

b Crisp breads

Crackers, plain, toasted

Wafers, plain and cheese

- Toast strips points
- Hard rolls
- c Sandwiches (small)
  - Toasted
  - Rolled
  - Ribbon
  - Nut Bread
  - Orange Bread



*Con test Kraft's Phenix Cheese*

FIG VI—A simple salad attractively garnished

- Banana bread
- Open
- Bread sticks
- 2 Cheese
  - Cream cheese balls plain or rolled in nuts or parsley
  - Cottage cheese balls
  - American cheese toasted on crackers
  - American cheese balls cooked or raw
  - Cream cheese and Bar le Duc
  - Cheese sandwiches fried
  - Cheese straws

## FOOD FOR FIFTY

- 3 Miscellaneous crisp materials  
 Celery curls hearts or stuffed celery  
 Olives plain stuffed or ripe  
 Pickles sweet sour dill butt gherkins fans rounds  
 Melon strips  
 Potatoes chips or latticed shoe string  
 Radish roses  
 Relishes  
 Salted nuts

## APPLE CELERY SALAD

AMOUNT	INGREDIENT	METHOD
1 pt 1 1/2 c	Mayonnaise Whipped cream	} Mix
6 lb (E P)	Add Apples tart	
2 lb (E P) 1 oz 6 oz	Add Celery chopped Salt Sugar (may omit)	} Dice Add each apple to dressing as soon as diced

NOTE: 8 oz cut marshmallows added to the dressing will improve the flavor

Serving approx 3 oz

## SPICED APPLE SALAD

AMOUNT	INGREDIENT	METHOD
50 (approx 12 lb)	Apples	} Core and peel apples and leave whole
4 lb 2 qt	Place apples in a flat pan made from	
1/2 c 1/2 t 1 oz	Sugar Water Vinegar Coloring red Cinnamon (ried in bag) Cook on top of stove Turn while cooking	} Pour over them a thin syrup

NOTE: When cool fill centers of apples with a mixture of 8 oz celery 4 oz English walnuts 1/2 t salt and 6 oz mayonnaise

## GINGERED APPLE

AMOUNT	INGREDIENT	METHOD
6 lb 3½ c 4 oz	Sugar Water Ginger root	Combine Heat to boiling point
	Add	
6 lb	Apples	Peeled and quartered Cook until apples are transparent Yield approx 4 qt

NOTE Use an apple that will hold its shape when cooked  
Pears may be substituted for apples

## MIXED FRUIT SALAD

AMOUNT	INGREDIENT	METHOD
2 lb 8 oz	Pineapple cubed	Combine with as few motions as possible Serving approx 3 oz
1 lb 8 oz	Cherries Royal Anne seeded	
5 lb 4 oz	Peaches cubed	
2 lb	Pears cubed	

NOTE Drain all fruit well Other fruit combinations may be used

## GRAPEFRUIT ORANGE SALAD

AMOUNT	INGREDIENT	METHOD
16 (size 80)	Grapefruit	Pare Remove white membrane Cut into sections Pare Remove white membrane Cut into 6 uniform sections
17 (size 126)	Oranges	
For each salad use 2 sections of orange and 3 sections of grapefruit arranged alternately on garnish		



## CRANBERRY RELISH (Raw)

AMOUNT	INGREDIENT	METHOD
4 (size 150)	Oranges	} Grind
4 lb	Cranberries raw	
6 lb	Apples (remove cores)	
3 lb	Add Sugar	} Chill for 24 hr before using Serving approx 3 oz

NOTE May be used as salad if drained before using

## ROYAL CRANBERRY SAUCE

AMOUNT	INGREDIENT	METHOD
2 lb	Cranberries	} Cover and cook (below boiling point) until tender Cool
2 lb	Sugar	
1 pt	Water	
	Add	
2	Oranges large chopped	} Yield approx 4 qt
1 lb	Apples tart chopped	
1 lb	White grapes seeded	
1 lb	Pineapple diced	
4 oz	Pecans chopped	

NOTE The sauce will keep for several weeks if placed in a covered jar in a cool place

## CRANBERRY SAUCE

AMOUNT	INGREDIENT	METHOD
1 lb	Sugar	} Make a thin sirup
1 1/2 pt	Water	
	Add	
1 lb	Cranberries	} Cook below the boiling point until transparent
8 oz		
	Purée and add (while hot)	
8 o	Sugar	} Stir until dissolved Yield approx 2 1/2 to 3 qt

NOTE Make at least 24 hr before it is to be used

## FROZEN FRUIT SALAD

AMOUNT	INGREDIENT	METHOD
1 oz 1/2 c	Gelatin plain Water cold	} Sprinkle gelatin over water Soak 10 min
	Add	
1 3/4 c 2 1/4 c	Orange juice hot Pineapple juice hot	
	When cold and slightly thickened	
	Add	
1 c 1 pt	Mayonnaise Cream whipped	} Folded together
	Fold in	
1 lb 1 lb 1 lb 1	12 oz 8 oz 8 oz Pineapple canned diced drained Orange sections cut in halves Peaches sliced drained Bananas diced	
	8 oz Marshmallows diced	
1 oz	Pecans chopped	
8 oz	Cherries maraschino	
	Pour into molds and freeze	
	Yield 4 1/2 qt	

NOTE: Cherries and nuts may be omitted

## CHERRY SALAD

AMOUNT	INGREDIENT	METHOD
1 lb 1 qt	8 oz Gelatin lemon flavored Water boiling	} Dissolve gelatin in hot water Cool
	Add	
3 1/2 qt 2 drops	Water and cherry juice Coloring red	} Chill
	When gelatin mixture begins to thicken	
	Add	
2 No 2 1/2 cans 12 oz 3 c	Cherries Bing Nuts Olives stuffed sliced	} Seeded and stuffed with nuts
	Pour into 50 individual molds or a pan 12 in x 20 in	

## FOOD FOR FIFTY

## MOLDED SPICED FRUIT SALAD

AMOUNT	INGREDIENT	METHOD
2½-3 oz 1 pt	Gelatin plain Water cold	} Sprinkle gelatin over water Soak 10 min
	Add	
2½ c 8 oz ½ t ½ c	Water boiling Sugar Salt Lemon juice	} Stir until dissolved
	When cold add	
2 qt	Ginger ale	
	Pour over	} Arranged in 50 individual fancy molds
	Peaches spiced whole	
50	Let congeal	Unmold and serve in lettuce cup

NOTE A bit of coloring may be added to the liquid Spiced pears may be used in place of peaches

## CIDER FRUIT SALAD

AMOUNT	INGREDIENT	METHOD
3 c ½-3 oz	Water cold Gelatin plain	} Sprinkle gelatin over the water Let stand 10 min
	Add	
1 qt	Water boiling	} Stir until gelatin is dissolved
	Add	
8 oz 1 t	Sugar Salt	} Stir until dissolved
	Add	
2¼ qt	Cider (or ginger ale)	
	When liquid begins to congeal	
	Add	
1 lb	Grapes (or white cherries)	
	Celery cut fine	
1 lb (L. P.)	Apples cubed	
1 lb	Pineapple diced	
4 oz	Lemon juice	

Serving approx 2½ oz

## CHEESE PINEAPPLE SALAD

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz	Gelatin pineapple flavored	
	Add	
2 qt	Water boiling	} Stir until dissolved
	Add	
1 qt	Water cold (or pineapple juice)	
	When gelatin mixture begins to congeal	
	Add	
1 lb	Cheese American grated	
1 lb	Pineapple crushed drained	
3 oz	Peppers green chopped (or pimiento)	
4 oz	Celery finely chopped	
1 t	Onion juice	
	Place in ice box to congeal	
	Serving approx 4 oz	

## CARROT PINEAPPLE SALAD

AMOUNT	INGREDIENT	METHOD
2½-3 oz	Gelatin plain	} Soak 10 min
1 pt	Water cold	
	Add	
2 qt	Pineapple juice hot	} Stir until dissolved
	Add	
1 lb	Sugar	} Chill
4 oz	Salt	
1 oz	Vinegar	
1 c		
	When mixture begins to congeal	
	Add	
1 lb	Pineapple crushed drained	
1 lb (C P)	Carrots raw grated	
8 oz	Nuts chopped (if desired)	
	Pour into a flat pan 12 in x 20 in x 2½ in and place in refrigerator to congeal	

## PINEAPPLE CUCUMBER SALAD

AMOUNT	INGREDIENT	METHOD
2½-3 oz 1 pt	Gelatin plain Water cold	} Sprinkle gelatin over water Soak 10 min
	Add	
3 qt	Pineapple juice hot	} Stir until dissolved
	Add	
10 oz	Sugar	} Stir until dissolved
1 t	Salt	
1 c	Vinegar	
	When beginning to congeal	
	Add	
1 lb	12 oz Pineapple finely diced	
1 lb	8 oz Cucumber finely diced	
	5 oz Pimiento finely chopped	
	Pour into flat pan 12 in x 20 in	
		Serving 3½ oz

## FRUIT SALAD SUGGESTIONS

## Apple

- 1 Apples celery walnuts Chantilly dressing (Waldorf Salad)
- 2 Apples celery diced orange section Club dressing
- 3 Apples celery Malaga grapes Chantilly dressing
- 4 Apples pineapple cucumber Mayonnaise dressing
- 5 Apples grapes bananas pineapple Sour cream dressing
- 6 Apples bananas pineapple Mayonnaise dressing
- 7 Apples celery dates Combination dressing
- 8 Apples pineapple Tokay grapes Chantilly dressing
- 9 Apples grapes bananas pineapple oranges lemon juice Golden salad dressing and whipped cream
- 10 Apples celery small amount pimiento Mayonnaise dressing
- 11 Apples cream cheese pimiento Combination dressing
- 12 Apples oranges dates marshmallows Golden or sour cream dressing
- 13 Apples celery grapefruit Mayonnaise dressing
- 14 Apples figs celery pistachio nuts (dissolve small red cinnamon candies and use to color apples) Mayonnaise dressing
- 15 Apples celery pears red and green peppers cut julienne and mixed with mayonnaise garnished with pimientos

- 16 Apples celery chicken and green pepper cut julienne or diced and mixed with mayonnaise
- 17 Apples celery red and green peppers Mayonnaise dressing
- 18 Apples shredded romaine celery and pineapple mixed with mayonnaise
- 19 Apples oranges pineapple sliced strawberries Sour cream dressing
- 20 Apple orange and pear sections (arranged alternately) French dressing
- 21 Apple orange and pear mixed with mayonnaise
- 22 Apples diced or julienne cooked cranberries drained halved grapes and pecans mixed with mayonnaise
- 23 Fill half alligator pear with Waldorf salad and garnish with red and green peppers French dressing
- 24 Place apples and celery cut julienne (and marinated) on romaine Mayonnaise dressing
- 25 Mix and place apples and celery cut julienne on lettuce leaf, crisscross top with red and green pepper Garnish around base with stiff mayonnaise French dressing
- 26 Arrange sections of scored red skin apples and grapefruit alternately on leaf lettuce Thick French dressing
- 27 Garnish Waldorf salad with three thin sections of marinated bright red apples and whole cloves
- 28 Arrange marinated apple balls on lettuce alternately with pimiento cream cheese balls garnish with pimiento French dressing
- 29 Place chopped apple grapefruit and celery on lettuce or romaine cover with mayonnaise Decorate with parallel sections of orange and strips of green pepper and pimiento French dressing
- 30 Place mounds of finely chopped tart apples, celery and carrots on romaine Thousand Island dressing
- 31 Peel half a large apple scoop out center fill with diced banana and pineapple mixed with sour cream dressing Garnish top with tangerine sections in shape of a daisy and place a ripe olive in center
- 32 Pare core and scoop out tart apple Spice and cool Stuff with cream cheese pears and pecans French dressing
- 33 Serve celery and apple mixed with mayonnaise on slice of pineapple
- 34 Arrange marinated slices of tart apple and avocado alternated with sections of orange Sprinkle with pistachio nuts French dressing

### Bananas

- 1 Bananas grapes pineapple marshmallow Whipped cream mayonnaise
- 2 Diced alligator pear pineapple bananas Sour cream dressing
- 3 Cubed bananas tangerines pineapple Whipped cream mayonnaise paprika garnish

4 Diced banana, pineapple pear Whipped cream dressing with Bar le Duc

5 Banana and orange sections arranged alternately and sprinkled with julienne cucumbers French dressing

6 Scoop out half a large banana and fill with finely chopped cucumbers Sour cream dressing

7 Cut banana in thirds crosswise and lengthwise, roll in thin boiled dressing and then in chopped nuts or cornflakes Arrange with slices of tangerine

8 On a bed of shredded lettuce place a layer of marinated sliced bananas top with an apricot half Boiled dressing

### Grapefruit

1 Grapefruit sections arranged alternately with orange sections French dressing

2 Grapefruit sections arranged alternately with apple sections French dressing

3 Grapefruit sections arranged alternately with tomato sections French dressing

4 Grapefruit sections arranged alternately with tomato sections and 1/2 slice pineapple Spiced French dressing

5 Grapefruit sections arranged on watercress like spokes of a wheel in center place 4 shrimps Garnish with mayonnaise and paprika

6 Grapefruit sections arranged like spokes of a wheel with stuffed prune in center

7 Grapefruit sections broken and thinly sliced kumquats Golden dressing

8 Grapefruit sections alternated with julienne celery mixed with mayonnaise and sprinkled with chopped nuts and ripe olives French dressing

9 Grapefruit orange and pear sections with strips of red and green pepper placed alternately between slices of fruit Tarragon dressing

10 Grapefruit sections sliced bananas and pimiento Mayonnaise

11 Three grapefruit 3 pear and 3 orange sections arranged on lettuce in 3 pyramids radiating from center cream cheese in center topped with cherry French dressing

12 Grapefruit and seeded grapes Chantilly dressing garnished with nut meats

13 Three sections of grapefruit and orange placed on a lettuce leaf, garnished with green pepper Roquefort dressing

### Orange

1 Orange Bermuda onion rings cream cheese balls French dressing

2 Diced orange and cooked chestnuts mixed with whipped cream mayonnaise sprinkled with minced green pepper

3 Orange grapefruit celery nuts peach slices Mayonnaise

4 Orange and alligator pear sections and sliced black grapes French dressing

5 Diced orange sections peaches pears pineapple whipped cream and pistachio nuts Mayonnaise dressing Garnish with orange gelatin

6 Place orange and pineapple cubes mixed with mayonnaise and chopped nuts on a lettuce leaf Place on the top of this alternate sections of orange grapefruit and alligator pear Top with red and green pepper strips

7 Place a canned drained stuffed fig on a bed of lettuce and orange slices Mayonnaise dressing

8 Arrange alternately three orange sections and 2 half slices of pineapple and sprinkle with green pepper French dressing

9 Arrange orange sections on bed of lettuce like spokes of wheel Place ripe olive or cream cheese ball in center French dressing

10 Arrange orange sections to form a leaf (use thin green pepper strips to form veins of leaves) Thick French dressing

11 Arrange orange or tangerine sections grapes stuffed with pimiento and cheese balls on lettuce leaves French dressing

12 Stuff large cooked prunes with orange sections Mayonnaise dressing

### Peach

1 Stuff half a peach with cream cheese balls or cottage cheese shredded American cheese pineapple or almonds

2 Spice peach halves and use as plain halves

3 Soak peach halves in beet colored vinegar to color red

### Pear

1 Stuff half a pear with cream cheese cottage cheese or grated American cheese

2 Spice pear halves and use as plain halves

3 Place a pear half on an orange slice top with lime gelatin and maraschino cherry

4 Stuff pear half with diced apple and celery mixed with sour cream dressing

5 Place julienne pear between sections of ripe tomato French dressing

6 Mix diced pear pineapple and apricots with whipped cream mayonnaise

### Pineapple

1 Mix diced pineapple marshmallows white grapes nuts Golden dressing

2 Mix diced pineapple celery almonds and mayonnaise Cheese dressing

3 Mix diced pineapple celery white grapes Whipped cream dressing

4 Arrange 8 strips of dates radiating from center on a slice of pineapple Nut mayonnaise

5 Roll the edge of a slice of pineapple in paprika Make a cream cheese rosette in center Use a pastry tube to make spokes of cream cheese mixed with minced green or red pepper



6 Place in the center of a slice of pineapple a small heart of lettuce Mayonnaise dressing

7 Place a small quartered ripe tomato on top of a slice of pineapple Cheese dressing

8 Cut a slice of pineapple in half and place together in an upright position on lettuce leaf Place 3 long pieces of Cheddar cheese through notch at the bottom of pineapple

9 Alternate 2 sections of orange and 2 of pear on top of a slice of pineapple Garnish with cheese rosettes

10 Place 4 slices of banana around the edge of a slice of pineapple Garnish each slice with halves of black cherries Fill center with almonds Sour cream dressing

11 Place on slice of pineapple 3 or 4 sections of grapefruit and on top of that 3 sections of orange Fill center with julienne celery nuts and mayonnaise

12 Place diced fresh pineapple and bananas and tangerine sections on a slice of pineapple Whipped cream dressing

13 Place a thin slice of whole orange scored on a slice of pineapple, and in the center place chopped pears Place cream cheese rosettes around orange and on top of pears Garnish with Bar le Duc French dressing

### TOMATO ASPIC

AMOUNT	INGREDIENT	METHOD
1½ pt 6 oz	Water cold Gelatin plain	} Sprinkle gelatin over water Let stand 10 min
	Add	
6 qt	Tomato juice	} Boiled 5 min and strained
3	Onions small	
3	Bay leaves	
6	Celery stalks	
12	Cloves	
1 T	Mustard dry	
1 lb	Sugar	
1 oz	Salt	
	Stir until gelatin is dissolved	
	Add	
2¾ c	Vinegar or lemon juice	
	Pour into ring molds or mold in pan	
	Place in a cold place to congeal	

NOTE If ring molds are used the recipe will yield approx 75 servings Centers may be filled with cole slaw

## PERFECTION SALAD

AMOUNT	INGREDIENT	METHOD
3-3 $\frac{1}{4}$ oz 1 pt	Gelatin plain Water cold	} Sprinkle gelatin over water Soak 10 min
	Add	
3 qt	Water boiling	} Stir until gelatin is dissolved
	Add	
1 pt	Vinegar mild	} Stir until sugar is dissolved
1 c	Lemon juice	
1 oz	Salt	
1 lb	Sugar	
	Chill When liquid starts to congeal	
	Add	
1 lb	Cabbage chopped	
8 oz (E P)	Celery chopped	
10 oz (E P)	Pimientos chopped	
4 oz	Pepper green chopped	
4 oz	Paprika	
1 T	Pour into a flat pan 12 in x 20 in Serving 4 oz	

NOTE 1 lb 10 oz lemon gelatin may be substituted for the 3 oz gelatin and liquid

## BEET RELISH SALAD

AMOUNT	INGREDIENT	METHOD
1 lb 7 oz	Gelatin lemon flavored	
	Add	
2 qt	Water boiling	} Stir until dissolved
	Add	
1 qt	Beet juice	} Chill
1 c	Vinegar mild	
1 $\frac{1}{2}$ oz	Salt	
3 T	Onion juice	
	When mixture begins to congeal	
	Add	
6 T	Horseradish	
2 lb 11 oz	Celery finely diced	
2 lb 8 oz	Beets diced	
	Pour into two pans 10 in x 14 in and place in refrigerator to congeal	

## CABBAGE PINEAPPLE MARSHMALLOW

AMOUNT	INGREDIENT	METHOD
7 lb (E P)	Cabbage shredded	
2 lb	Add Pineapple diced	} Mix carefully
1 lb	Marshmallows diced	
1 pt	Whipped cream	
1 pt	Mayonnaise	
1 T	Salt	
		Serving approx 3 oz

## CABBAGE SPICE

AMOUNT	INGREDIENT	METHOD
9 oz	Peppers, green	} Grind
1 lb 12 oz	Carrots	
6 lb (E P)	Cabbage	
1 qt	Add Cream sour	} Mixed
1 1/2 oz	Salt	
9 oz	Sugar	
1 c	Vinegar	
		Serving approx 3 oz

## CARROT CELERY SALAD

AMOUNT	INGREDIENT	METHOD
1 lb (E P)	Celery cut into 1/4 in pieces	} Mix
5 lb (E P)	Carrots coarsely ground or grated	
1 oz	Salt	
1 c	Salad dressing	
1 pt	Mayonnaise	
1/2 c	Vinegar	
2 oz	Sugar	
	Combine ingredients	
		Serving approx 3 oz

## COMBINATION VEGETABLE SALAD

AMOUNT	INGREDIENT	METHOD
3 lb (E P)	Cabbage shredded	} Mix
3 lb 8 oz (E P)	Celery chopped	
12 oz	Green peppers shredded	
3 lb	Tomatoes cubed	
1 oz	Salt	
		Serving approx 3 oz

NOTE Serve with mayonnaise

## PICKLED BEETS

AMOUNT	INGREDIENT	METHOD
2 qt	Vinegar mild	} Mix Heat to the boiling point Boil 5 min
1 lb	Sugar brown	
8 oz	Sugar granulated	
1 t	Salt	
1/2 t	Pepper	
1 t	Cinnamon	
1 t	Cloves	
1 t	Allspice	
	Pour over	
6 lb	Beets cooked sliced	

NOTE Let stand 24 hr before using

## CARROT RAISIN SALAD

AMOUNT	INGREDIENT	METHOD
6 lb 8 oz (E P)	Carrots coarsely ground	} Mix
8 oz	Raisins	
1 T	Salt	
1 qt	Mayonnaise	
		Serving approx 3 oz

NOTE Marinate 1 hr before serving For variety 1 lb toasted coconut may be substituted for raisins

## FOOD FOR FIFTY

## CABBAGE SALAD

AMOUNT	INGREDIENT	METHOD
5 lb (E P) 1 qt 1 oz	Cabbage shredded Cooked salad dressing Salt Serve with a No 16 dipper (1½-oz serving)	Mix

## POTATO SALAD

AMOUNT	INGREDIENT	METHOD
10 lb (E P) 1½ c 1 oz ½ c 8 4 oz 6 oz 1 lb (E P) 1 c	Potatoes Marinate with Salad dressing French Salt or more Vinegar mild Add Eggs hard-cooked diced Peppers green chopped Pimiento chopped Celery cut in rings Mayonnaise Mix carefully	Cook and dice

Serving approx 4 oz

NOTE The number of eggs may be increased if desired

## BEAN SALAD

AMOUNT	INGREDIENT	METHOD
3 lb 8 oz (A P) 18 1 lb 4 oz ½ c 1 lb 2½ oz 4 oz 1 qt 4 oz	Beans brown cooked Add Eggs hard-cooked diced Pickles minced Onion minced Vinegar Salt Celery diced Pepper green chopped Salad dressing Marinate before serving	

Serving approx 5 oz

NOTE May use for variety ½ Lima beans and ½ Kidney beans

## STUFFED TOMATO SALAD

AMOUNT	INGREDIENT	METHOD
50 (approx 12 <sup>1</sup> / <sub>2</sub> lb)	Tomatoes	} Peel tomatoes Remove core and 1/2 to 3/4 oz of pulp from each
	Add tomato pulp to	
1 lb (A P)	Cabbage chopped fine	} Mixed
1 lb (A P)	Celery chopped fine	
8 oz	Pickle sweet chopped	
8 oz	Mayonnaise	
1 T	Salt	
	Sprinkle in the cavity of the tomatoes	
1 oz	Salt	
	Stuff each tomato with approx 2 T of the vegetable mixture	

NOTE Fish or chicken salad may be substituted for the vegetable mixture

## COTTAGE CHEESE SALAD

AMOUNT	INGREDIENT	METHOD
6 lb	Cheese cottage dry	
3 lb	Tomatoes raw peeled diced	
4 oz	Peppers green chopped	
1 lb	Celery diced	
2 oz	Salt	
1 1/2 pt	Mayonnaise (less if cream in cheese)	
	May add	
8 oz	Radishes diced	
1 lb	Cucumber diced	
	Mix carefully	
		Serve with No 1 dipper

## VEGETABLE SALAD SUGGESTIONS

## Asparagus

- 1 Place three asparagus tips through a ring of green pepper Place on lettuce leaf Place at one side of asparagus a mound of diced carrots celery Mayonnaise dressing
- 2 Mix cut asparagus, diced celery chopped sweet pickle, chili sauce Mayonnaise dressing

## Green Beans

- 1 Mix marinated cooked green beans diced celery sweet pickle pimientos salt pepper Mayonnaise dressing
- 2 Mix cooked green beans and diced marinated carrots celery, parsley and green pepper Combination dressing
- 3 Mix cooked green beans, small chopped green onions and thinly sliced radishes Thick French dressing
- 4 Mix cooked green beans shredded cabbage, cubed celery, bit of onion red or green pepper Marinate Boiled dressing
- 5 Mix cooked green beans, peas Lima beans cauliflower and carrot strips Marinate Chiffonade dressing

## Beets

- 1 Mix diced marinated cooked beets chopped celery pimiento, green pepper bit of onion, salt and paprika Combination dressing
- 2 Mix chopped marinated cooked beets chopped celery cabbage, sweet pickle salt, paprika Egg dressing
- 3 Mix diced marinated cooked beets, cucumbers pickle relish salt, pepper and a bit of onion Russian dressing
- 4 Stuff large cooked beets with chopped celery pickle, onion and mayonnaise Roquefort dressing
- 5 Arrange sliced pickled beets and eggs on lettuce Garnish with pickle relish Mayonnaise dressing
- 6 Place sliced marinated beets overlapping each other in a circle on lettuce leaf place julienne celery and red peppers in a mound in center Garnish with watercress French dressing
- 7 Place on endive equal quantities of celery and fine julienne beets French dressing
- 8 Mix diced cooked beets Bermuda onion rings quartered hard-cooked eggs, anchovies Thousand Island dressing
- 9 Mix shredded cabbage diced beets chopped pickles horseradish and salt Combination dressing

## Broccoli

- 1 Arrange marinated broccoli and tomato sections on lettuce Thick French dressing

## Cabbage

- 1 Mix shredded cabbage peanuts paprika and pimiento Sour cream dressing
- 2 Mix shredded cabbage hard cooked eggs nuts Combination dressing
- 3 Mix shredded cabbage pimiento and hot boiled dressing Chill
- 4 Mix shredded cabbage chopped almonds and whipped cream dressing
- 5 Mix shredded cabbage, green peppers nuts pimiento chili sauce vinegar and mayonnaise
- 6 Mix shredded cabbage carrots green peppers salt and mayonnaise
- 7 Mix shredded cabbage grated carrots diced bananas salt and mayonnaise
- 8 Mix shredded cabbage celery green peppers peanuts Chantilly dressing
- 9 Mix shredded cabbage green pepper and raw shredded beets Mayonnaise dressing
- 10 Mix shredded cabbage with salt vinegar and sugar
- 11 Mix shredded cabbage diced apple and combination dressing

## Carrot

- 1 Mix diced cooked carrots chopped celery cucumber, salt and a bit of onion Combination dressing
- 2 Cut raw carrots celery cucumber and green peppers into fine strips  $1\frac{1}{2}$  inches in length Mix Serve with mayonnaise at the side

## Cauliflower

- 1 Sprinkle raw cauliflowerets with grated cheese Tarragon dressing
- 2 Marinate and arrange raw cauliflowerets and carrot rings on lettuce Thick French dressing
- 3 Marinate and arrange raw cauliflowerets and tomato sections on lettuce French dressing
- 4 Mix cooked cauliflowerets sliced Spanish stuffed olives cooked carrot cubes and peas Thick French dressing

## Corn

- 1 Mix drained whole grain corn chopped pimiento celery sweet pickle salt Sour cream dressing

## Cucumber

- 1 Place a mound of 1 inch julienne cucumbers in the center of lettuce leaf Arrange thinly sliced radishes around the outside of cucumbers Place julienne strips of pepper on the top Sprinkle with salt and pepper Onion dressing
- 2 Cut cucumbers in very thin slices and place on watercress in a half circle Sprinkle with paprika French dressing



3 Cut cucumbers into wedges, arrange with tomato sections French dressing

4 Place a thin slice of cucumber on a slice of tomato Arrange three of these on a lettuce leaf Tarragon dressing

5 Arrange wedges of cucumber with section of grapefruit and pineapple Garnish with watercress French dressing

6 Scoop out centers of medium peeled cucumbers Chill Stuff with whole grain corn and pimiento mixed with Thousand Island dressing

7 Marinate thin slices of cucumber and Bermuda onion Vinaigrette dressing

8 Mix marinated julienne celery cucumbers and mushrooms French dressing

9 Mix diced cucumber and celery with Thousand Island dressing and endive Garnish with chopped hard cooked eggs

### Endive

1 Mix tiny cottage cheese and bacon balls with endive

### Lettuce

1 Place on romaine shredded green peppers and lettuce French dressing

### Pea

1 Mix cooked peas diced cheese celery pickle and pimiento Combination dressing

### Salad Greens

Cabbage celery celery cabbage chives chicory endive escarole leaf lettuce head lettuce parsley romaine spinach watercress

### Spinach

1 Chop crisp raw spinach leaves Chiffonade dressing

### Tomato

1 Fill hollowed out tomato with balls of cantaloupe, watermelon and honeydew Fruit French dressing

2 Fill hollowed out tomato with fresh pineapple balls or cubes Garnish with 3 small cream cheese balls and watercress Thick French dressing

3 Stuff hollowed out tomato with green pepper celery salt and mayonnaise Sour cream dressing

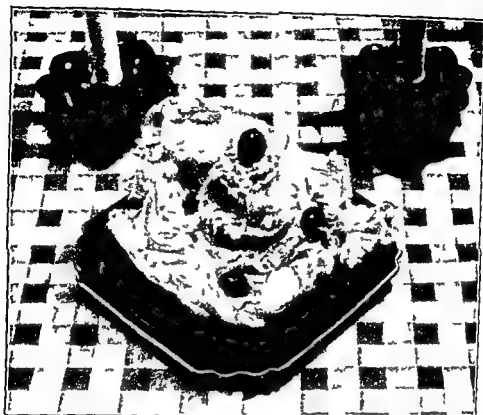
4 Remove top from tomato and insert a marinated caulifloweret Thousand Island dressing

5 Poinsettia Salad Arrange tomato sections around a pimiento cheese ball Garnish with green pepper arranged to represent stem and leaves French dressing

- 6 Make 4 incisions in a peeled tomato and insert egg or cheese slices Mayonnaise dressing
- 7 Make a tomato sandwich by placing cream cheese green pepper and onion between 2 slices of tomato Garnish with chopped green pepper Mayonnaise
- 8 Fill hollowed out tomato with Roquefort cheese celery and green pepper Arrange 2 slices of cucumber upright in the tomato French dressing
- 9 Fill hollowed out tomato with cottage cheese Garnish with celery curl and paprika or green pepper ring Sour cream dressing
- 10 Mix cubed tomato cucumber diced pickle, pimiento green pepper and onion French dressing
- 11 Arrange alternately avocado and tomato slices French dressing
- 12 Place a small ripe quartered tomato on lettuce and circle with chopped celery and mayonnaise
- 13 Sprinkle watercress over tomato sections French dressing
- 14 Fill molds with alternate layers of chopped green pepper shredded cabbage and diced tomatoes mixed with mayonnaise Unmold French dressing
- 15 Place a thick small slice of tomato on a lettuce leaf Place around the tomato celery and apple cut julienne and mixed with mayonnaise Garnish with nuts French dressing
- 16 Hollow out center of a peeled tomato, fill with Parisienne balls of avocado Fruit French dressing

## SPAGHETTI LUNCHEON SALAD

AMOUNT	INGREDIENT	METHOD
2 lb 2 oz	Spaghetti	Cook in boiling salted water and wash in hot water Drain Chill
	Add	
2 lb	Cheese American diced or grated	
1 lb 8 oz	Pickle chopped	
18	Eggs hard-cooked chopped	
2 lb (E P)	Celery chopped fine	
1 qt	Mayonnaise	
1 oz	Salt	
	Mix carefully	
		Serving approx 5 oz



*Courtesy Kraft Foods Co.*

FIG VII—A salad of tomato stuffed with crab meat or shrimp and garnished with ripe olives may be served as a main course for luncheon

### TOMATO SHRIMP SALAD

AMOUNT	INGREDIENT	METHOD
17 lb (50 medium)	Tomatoes	} Scoop out center of tomato
2 lb	Fill tomato shells with	
1 lb	Shrimp cut $\frac{1}{2}$ in pieces	} Mixed
4 oz	Celery diced	
1 pt	Cucumber diced	
2 T	Lemon juice	
2 t	Salt	
1 t	Paprika	
2 t	Prepared mustard	

NOTE: May be garnished with mayonnaise and whole shrimp and served on lettuce or watercress

## CHINESE SALAD

AMOUNT	INGREDIENT	METHOD
1 lb 4 oz	Rice	} Cook and wash in hot water Cool
6 x lb cans	Salmon red flaked	
4 oz	Peppers green chopped	
1 lb (E P)	Celery chopped	
1 lb	Pickles chopped	
1½ pt	Mayonnaise	
1½ oz	Salt	
2 T	Paprika	
	Mix carefully	
		Serving approx 4 oz

## SALMON SALAD

AMOUNT	INGREDIENT	METHOD
7 No 1 cans	Salmon	} Combine
4 lb 8 oz	Celery diced finely	
1 lb	Peas	
1½ oz	Salt	
1 qt	Mayonnaise	
8 oz	Pickles chopped	
1 lb	Eggs hard-cooked chopped	
		Serving approx 4 oz

## CRAB MEAT SALAD

AMOUNT	INGREDIENT	METHOD
1 (6½-oz cans)	Crab meat flaked	
30	Eggs hard cooked	
1 lb	Almonds blanched shredded	
2 lb	Celery chopped	
1 pt	Olives ripe sliced	
	Add	
1 qt	Mayonnaise	
	Chill	

Serve with No 10 dipper

NOTE If desired omit mayonnaise and marinate with French dressing Lobster may be substituted for crab

## TUNA FISH SALAD

AMOUNT	INGREDIENT	METHOD
8 (13 oz cans)	Tuna fish, flaked	Mix
1 lb 8 oz	Celery chopped fine	
1 lb 8 oz	Cucumbers diced	
2 qt	Peas	
1 qt	Mayonnaise	
3 oz	Sprinkle with Parsley, chopped fine	Serving approx 4 oz

## CHICKEN SALAD

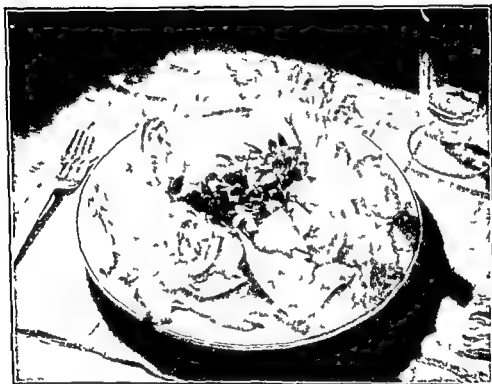
AMOUNT	INGREDIENT	METHOD
5 lb (4 4½ to 5 lb fowls)	Chicken	Cook and let stand in broth over night Remove skin and cut chicken meat into ½ in cubes
12	Eggs hard cooked diced	
4 lb (E P)	Celery diced	
2 oz	Salt	
1 t	Pepper white	
2½ c	Mayonnaise	
4 oz	Pickles chopped (may be omitted)	
	Season combine and add mayonnaise	
	Serve in lettuce cup	Yield approx 8 qt

NOTE The marinating of cubed chicken with 2½ c French dressing for 2 hr will improve the flavor 8 oz toasted almonds may be added just before serving Pineapple or white cherries may also be added for variety

## MEAT SALAD

AMOUNT	INGREDIENT	METHOD
3 oz	Salt	Combine and mix carefully
4 lb 12 oz	Celery diced	
6 oz	Pimiento chopped	
10 lb	Meat cooked diced	
1¼ qt	Mayonnaise	
		Serving approx 5 oz

NOTE Ham veal chicken or pork may be used



*Courtesy A. J. P. Chéze*

FIG VIII.—The salad plate may play an important role in luncheon menus

## SALAD DRESSINGS

Variety is the very spice of life  
That gives it all its flavor

—COWPER

### COOKED SALAD DRESSING

AMOUNT		INGREDIENT	METHOD
3 lb		Sugar	} Sift together
1 lb	8 oz	Flour	
	6 oz	Salt	
	4 oz	Mustard dry	
		Add	
1 qt		Water	} Stir until a smooth paste is formed
		Add	
4 qt		Milk hot	} Stir continuously while adding
2 qt		Water hot	
			Cook 20 min in steamer
		Add	
1 lb		Butter	} Mixed
3 qt		Vinegar hot	
		Add very slowly to	
50 (2 lb 12 oz)		Egg yolks beaten	} Stir briskly while adding
		Cook 7 min in steamer	
		Remove from fire and cool	
			Yield 3 gal

## VARIATIONS OF COOKED SALAD DRESSING

VARIATION	INGREDIENTS
Creamy Egg	<p>To</p> <p>4 cups of cooked salad dressing</p> <p>Add</p> <p>1 pt whipped cream</p> <p>6 eggs hard cooked and diced</p> <p><math>\frac{1}{2}</math> c fine green pepper strips</p> <p><math>\frac{1}{2}</math> c fine pimiento strips</p>
Combination	Use half mayonnaise and half cooked dressing or use half mayonnaise and half French dressing
Curry	<p>Add</p> <p><math>\frac{1}{2}</math> t curry powder</p> <p><math>\frac{1}{2}</math> c sandwich spread</p>
Egg	<p>Add</p> <p>4 eggs hard cooked chopped</p> <p><math>\frac{1}{2}</math> c pimiento chopped</p> <p><math>\frac{1}{4}</math> c pickles chopped</p>
Harlequin	<p>Add</p> <p>1 pt whipped cream</p> <p>4 oz sugar</p> <p>1 qt red cherries</p> <p>1 qt green seedless grapes</p> <p>8 oz quartered marshmallows</p>
Mustard	<p>Add</p> <p><math>\frac{1}{2}</math> c prepared mustard</p>
Peanut	<p>Add</p> <p>1 c crushed peanuts</p>
Whipped Cream	<p>Add</p> <p>1 pt whipped cream</p>



## SOUR CREAM DRESSING

AMOUNT	INGREDIENT	METHOD
1 qt 16	Cream sour Eggs beaten	} Mix
	Add to	
2 lb	Sugar	} Mixed
1½ oz	Flour	
1 c	Water	
	Add	
1 pt	Vinegar	} Stir and cook until thick

**NOTE** Use heavy cream if possible This will keep several days Add whipped cream before serving

## FRENCH DRESSING

AMOUNT	INGREDIENT	METHOD
1 oz 2 T 2 T 1 T	Salt Mustard dry Paprika Pepper	} Mix
	Add	
2 qt 1 qt 4 t	Oil Vinegar Onion juice	
	Put into a jar and shake vigorously just before serving or beat well with a Dover beater	
	Yield 3 qt	

**NOTE** An egg white beaten into each quart of dressing just before using will keep it from separating

## VARIATIONS OF FRENCH SALAD DRESSING

VARIATION	INGREDIENTS
	<p>To 3 cups of French dressing</p>
Anchovy	<p>Add 1½ c chopped anchovies</p>
Catsup	<p>Add 1 " tomato catsup</p>
Chiffonade	<p>Add 6 T parsley chopped 6 T red pepper chopped 1 T onion minced 1 oz green pepper chopped 4 eggs hard-cooked chopped (May add shredded beets in place of red pepper)</p>
Chutney	<p>Add 1 c Chutney</p>
Cream	<p>Add 1 c heavy cream beaten or unbeaten</p>
Cucumber	<p>Add 1½ oz cucumber chopped fine</p>
Curry	<p>Add ½ t curry powder 8 eggs hard cooked puréed</p>
Fruit	<p>3 c salad oil ½ c lemon juice ½ c orange juice 2 T sugar powdered 1 T salt ½ t pepper</p>
Mexican	<p>Add 2½ oz green pepper chopped ¾ c chili sauce 2 T onion chopped</p>
Onion	<p>Add ¾ c sweet pickled onions chopped or 3 oz onion rings</p>

## VARIATIONS OF FRENCH SALAD DRESSING (continued)

VARIATION	INGREDIENTS
Parisian	<p style="text-align: center;">Add</p> <p>3 T green pepper chopped  3 T red pepper chopped  ½ c celery chopped  3 T onion minced  3 T pimiento chopped  1 T salt  ½ c parsley, minced</p>
Piquante	<p style="text-align: center;">Add</p> <p>1½ t mustard dry  ½ t Worcestershire sauce  1½ t onion juice  3 drops Tabasco sauce</p>
Roquefort	<p style="text-align: center;">Add</p> <p>4 oz Roquefort cheese riced  Whip dressing slowly into cheese (May also mix 1 c heavy cream with cheese before French dressing is added)</p>
Spiced	Use spiced vinegar to make regular French dressing
Spinosa	<p style="text-align: center;">Add</p> <p>6 T capers  6 T stuffed olives chopped  3 T parsley chopped</p>
Tarragon	Use tarragon vinegar to make regular French dressing
Tomato	<p style="text-align: center;">Add</p> <p>4 oz sugar  1 t onion juice  1½ c tomato soup</p>
Vinaigrette	<p style="text-align: center;">Add</p> <p>5 oz pickles sour chopped</p>

## THICK FRENCH DRESSING

AMOUNT	INGREDIENT	METHOD
1 $\frac{1}{4}$ t	Onion juice	} Mix
2 $\frac{1}{2}$ oz	Salt	
4 t	Mustard dry	
2 T	Paprika	
2 lb	Sugar	} Mix well
	Add	
1 $\frac{1}{2}$ c	Vinegar	} Stirring constantly Yield approx 5 c
1 qt	Salad oil	
	Add gradually	

NOTE If a French dressing of usual consistency is desired use only 4 oz of sugar

## FRENCH DRESSING SEMI PERMANENT

AMOUNT	INGREDIENT	METHOD
4 t	Mustard dry	} Mix
4 t	Paprika	
2 oz	Sugar	
1 g	Pepper red	
2 $\frac{1}{2}$ oz	Salt	} Beating continuously
1 qt	Salad oil	
	Add slowly	} Beat vigorously for 5 min
1 c	Vinegar	
	Add	} The gelatin should be previously soaked in the cold water and dis- solved in the hot water and chilled Yield approx 5 c
4 t	Gelatin	
4 T	Water cold	
1 c	Water boiling	

## FOOD FOR FIFTY

## GOLDEN SALAD DRESSING

AMOUNT	INGREDIENT	METHOD
$5\frac{1}{3}$ oz $\frac{1}{2}$ c	Cornstarch Water	} Make a paste
16	Add Eggs well beaten	
1 qt	Add while stirring Pineapple juice Orange juice Lemon juice	} Mixed and heated to the boiling point
2 lb	Sugar Cook until thick	
1 qt	Cool and add Whipped cream	Yield 3 qt

NOTE Serve with fruit salads

## MAYONNAISE

AMOUNT	INGREDIENT	METHOD
8 2 oz 1 t $\frac{1}{8}$ t 2 T	Egg yolks (or 4 whole) Salt Paprika Cayenne Mustard dry	} Mix well
$\frac{1}{4}$ c	Add Vinegar	
2 qt	Add slowly Salad oil	} Beat well
	Add oil very slowly beating readily until an emulsion is formed (Oil may then be added in amount of $\frac{1}{2}$ c and later 1 c at a time beating well after each addition)	
$\frac{1}{4}$ c	Add Vinegar	} Continue beating until oil is emulsified Yield 1 gal
2 qt	Add Salad oil	

## VARIATIONS OF MAYONNAISE

VARIATION	INGREDIENTS
Campus Dressing	<p>To</p> <p>2 cups of mayonnaise</p> <p>Add</p> <p>1½ c tomato purée</p> <p>1½ c pepper relish</p> <p>– T pimiento</p>
Celery Dressing	<p>Add</p> <p>2 T parsley chopped</p> <p>2 oz green peppers chopped</p> <p>3 oz celery diced</p>
Club Dressing	<p>Add</p> <p>2 T currants chopped</p> <p>4 T raisins chopped</p> <p>3 T nuts chopped</p>
Chantilly Dressing	<p>Add</p> <p>1½ c whipped cream</p>
Egg Dressing	<p>Add</p> <p>2 eggs hard-cooked chopped</p>
Egg and Green Pepper Dressing	<p>3½ c mayonnaise</p> <p>6 eggs hard-cooked chopped</p> <p>2 oz green peppers chopped fine</p> <p>1 T onion scraped</p> <p>1 g cayenne</p> <p>Mix carefully</p>
Horseradish Dressing	<p>Add</p> <p>2 T dry horseradish mixed with</p> <p>4 T cold water</p>
Indian Dressing	<p>Add</p> <p>4 oz chopped chow chow pickle</p>
Piquante	<p>Add</p> <p>2 oz olives chopped</p> <p>2 oz pickles chopped</p>
Roquefort	<p>Add</p> <p>1 c French dressing</p> <p>2 oz Roquefort cheese</p> <p>1 t Worcestershire sauce</p>

## VARIATIONS OF MAYONNAISE (continued)

VARIATION	INGREDIENTS
Russian Dressing	$1\frac{1}{2}$ qt mayonnaise (stiff) $1\frac{1}{4}$ c Chili sauce (thick) $\frac{1}{4}$ c Worcestershire sauce Few drops onion juice f g cayenne
Savory Dressing	Add 3 oz celery diced 2 oz green peppers chopped 2 t onion chopped
Tartar Sauce	Add $\frac{1}{2}$ c pickles chopped 1 oz green pepper, chopped 2 T parsley chopped $\frac{1}{2}$ c olives chopped 4 T vinegar or lemon juice 2 t onion minced Few drops Worcestershire sauce Few drops Tabasco sauce
Thousand Island Dressing	7 c mayonnaise $\frac{1}{4}$ c onion minced $\frac{1}{2}$ c pimiento chopped $1\frac{3}{4}$ c Chili sauce (thick) 10 eggs hard cooked chopped $\frac{1}{2}$ c pickles or olives chopped f g cayenne

## MAYONNAISE WITH COOKED BASE

AMOUNT	INGREDIENT	METHOD
10 oz	Cornstarch	} Make a smooth paste
2 c	Water cold	
- qt	Add	} Stirring constantly
	Water boiling	
	Place in bowl of electric mixer	
	Beat until cool	
20 (or 12 whole eggs)	Add 1/4 at a time while beating	} Mix well
	Egg yolks	
2 1/2 oz	Add	} Mix well
	Salt	
- c	Add	
	Vinegar	
1 gal	Add slowly beating constantly	
	Salad oil	
2 c	Add	
	Vinegar	
1 gal	Add slowly beating constantly	
	Salad oil	
	Yield 3 gal	

NOTE If desired add 3 oz dry mustard and 2 oz paprika



## SANDWICHES

Sandwiches may be hearty and substantial, approximating a meal, or light and dainty as an accompaniment to tea. They are made of one or more slices of bread, spread with one or more kinds of filling. The closed sandwich is made by spreading one slice of bread with a filling and covering it with a second slice. The open faced sandwich is made by spreading a slice of bread with filling and decorating it.

### Ingredients

1 *Bread* Any kind may be used with a suitable filling. Cracked wheat, graham, whole wheat, white, or rye are most often used for the substantial type of sandwich. Nut, orange, raisin, date, banana, or rolled oat bread is most often used for plain tea sandwiches.

For most sandwiches the bread should be a Pullman or sandwich loaf 24 hours old and unsliced. If crusts are to be removed, it should be done before the bread is sliced. The bread should be sliced  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick, depending upon the type of sandwich to be made.

2 *Butter* Butter should be creamed so that it is soft and pliable. It is best creamed by placing it in the bowl of the electric mixer and allowing it to stand at room temperature until soft enough to mix with the mixer. (A half cup of milk per pound of butter may be added to increase the volume.) Mix first on low speed and then whip on second and high speed until fluffy. Butter need not always be used on sandwiches when a rich filling is used. However, butter helps to prevent fillings from soaking into the bread and improves the flavor. Minced cucumber, spices, onion, or other ingredients may be added to change the flavor of the butter.

3 *Fillings* Sandwich filling may be made of chopped meats, vegetables, nuts, fish, or fruits. One of these ingredients or a combination of them is usually mixed with mayonnaise, cooked dressing, or cream.

Soft mixed fillings should be measured with a spoon or small dipper to insure a uniform amount in each sandwich.

If slices of meat or cheese are used for filling, the slices should be even in thickness and the same size as the bread upon which they are to be placed.

4 *Garnishes* The garnishes to be used depend upon the type of sandwich. Lettuce, parsley, watercress, and other salad greens, olives, pickles, pimiento, green peppers, and radishes are most often used. Nuts, paprika, cheese, and mayonnaise are also often used as garnishes for various types of sandwiches.

**Making Simple Sandwiches**

- 1 Have filling garnish and butter prepared
  - 2 Allow plenty of work space
  - 3 Arrange the slices of bread in rows
  - 4 Spread butter or filling with a pie server or short spatula, having enough butter on spatula to cover 2 or 3 slices
  - 5 Spread all bread with butter before spreading with filling Do not pick up bread to spread
  - 6 Spread from back row of bread to front row
  - 7 Use dipper or spoon and place a uniform amount of filling on alternating slices of bread
  - 8 Spread the filling evenly and to the edge of the bread
  - 9 Cover each slice with corresponding slice of bread
  - 10 Stack several made sandwiches and cut down through the middle with one stroke of the knife Stack on a tray and cover with a wet cloth (or wrap in wax paper) to prevent drying
- Simple sandwiches may be made more attractive by cutting into rounds triangles or small squares

**Making Tea Sandwiches**

*Checkerboard Sandwiches* 1 Cut 3 slices of white and 3 slices of whole wheat bread about half an inch thick

2 Spread one slice of white bread with a thin spread place a slice of whole wheat bread on this and spread with butter and top with another slice of white bread

3 Use the remaining 2 whole wheat slices and the slice of white bread to make another stack

4 Wrap in a damp cloth place under a light weight and put in a cool place until firm and cooled

5 Trim and cut each pile into 3 slices

6 Spread these slices and combine them crosswise white and whole wheat squares alternating

7 Repeat weighting and cooling process for a few hours When ready to serve cut in  $\frac{1}{4}$  to  $\frac{1}{2}$  inch slices

*Ribbon Sandwiches* Proceed as for checkerboard sandwich to step 5 then slice each pile into desired thickness

*Open Sandwiches* 1 Cut slices of bread  $\frac{1}{4}$  inch thick into rounds hearts stars diamonds crescents squares or any desired shape

2 Spread with creamed butter then with filling and decorate The filling may be ham and sliced cheese lettuce and hard cooked egg chicken salad shrimp salad minced tongue and sliced tomato sliced cucumber and lettuce cottage cheese and sliced tomatoes jam olives chopped parsley and pimiento hard cooked eggs (Cut the bread a little thicker and use a little thicker filling than for the simple sandwich)

a *Tomato* Place a thin slice of tomato on a round of buttered bread Garnish with mayonnaise and a sprig of parsley or butter the edges of the bread and roll in chopped parsley

b *Cream cheese* Spread bread cut into diamond shapes with butter and cream cheese Garnish with pimiento or green peppers

c *American cheese* Place thin slices of cheese on crisp crackers Add a dash of salt and pepper and place under the broiler until the cheese has melted Garnish with paprika and serve hot

d *Cherry nut* Spread bread cut in heart shapes with a mixture of chopped almonds, maraschino cherries and whipped cream

e *Ginger nut* Mix chopped walnuts, candied ginger and mayonnaise Cut bread into tiny squares and garnish with a half walnut and bit of paprika

f *Spiced cheese* Mix ground American cheese butter lemon juice Worcester'shire sauce paprika cayenne and onion juice Spread on rounds of the bread Garnish with stuffed olive slices

*Rolled Sandwiches* 1 Slice a sandwich loaf of bread lengthwise into 6 slices

2 Spread each slice with creamed butter and then with a thin filling of cream cheese

3 Place a thin strip of pimiento and chopped parsley across the end of each slice and roll bread around pimiento as you would a jelly roll

4 Wrap each roll in wax paper tie and put in a cool place

5 When ready to serve slice thin

*Pinwheel Sandwiches* 1 Remove crusts from half a Pullman loaf of bread and cut into slices  $\frac{1}{4}$  inch thick

2 Spread slices with creamed butter and then with pimiento cream cheese to which has been added paprika

3 Roll like a jelly roll

4 Cover with a very damp cloth and place in the refrigerator until set

5 Slice into  $\frac{1}{4}$  inch slices

*Two tone Sandwiches* 1 Cut whole wheat and white bread into  $2\frac{1}{2}$  inch rounds

2 Spread with butter or cream cheese or other thin fillings

3 Use a doughnut cutter and remove the center from half of the whole wheat and half of the white bread

4 Place the whole wheat round on the white bread and vice versa fit the white rounds into the whole wheat circles and vice versa

*Toasted Sandwiches* Many ingredients may be combined to make suitable fillings for toasted sandwiches The outside is often brushed with butter and the sandwich toasted after the filling has been added although a crisp ingredient like lettuce is added after the sandwich is toasted Toasted sandwiches may be either closed or open faced A few suggestions for toasted sandwiches follow

1 Thinly sliced tomato broiled bacon lettuce and salad dressing

## SANDWICHES

- 2 Chicken livers mashed crisp bacon and salad
- 3 Sweetbreads and mushrooms browned in butter
- 4 Sardine and hard cooked eggs mayonnaise
- 5 Sweetbreads hard cooked eggs mayonnaise
- 6 Goose liver mayonnaise and onion
- 7 Sliced cheese sliced ham and prepared lettuce
- 8 Sliced cheese tomato and mayonnaise
- 9 Chicken salad

## SANDWICH FILLING SLICES

- 1 Dates figs raisins orange ground
- 2 Peanut butter and bananas mixed



- 11 Raspberry jelly or jam and cream cheese
- 12 Sliced tomato and mayonnaise
- 13 Ground cheese and dried beef, mixed with tomato juice and cooked then egg yolk added
- 14 Cream cheese chopped red and green peppers mixed
- 15 Cream cheese and chopped dates mixed
- 16 Cream cheese chopped preserved ginger mixed
- 17 Cabbage and carrot chopped fine mixed with salad dressing
- 18 Grated carrots chopped nuts and mayonnaise mixed
- 19 Chopped celery and salad dressing mixed
- 20 Chopped celery nuts and salad dressing mixed
- 21 Chopped celery nuts olives and salad dressing mixed
- 22 Mashed baked beans sliced tomato and lettuce
- 23 Cottage cheese and salad dressing on raisin bread
- 24 Cottage cheese nuts, mixed
- 25 Cottage cheese and chopped green onions on rye bread
- 26 Nuts and olives chopped and salad dressing mixed
- 27 Sardines and olives minced butter catsup and lemon juice mixed

### CHICKEN SANDWICHES

AMOUNT		INGREDIENT	METHOD
100 slices	3 lb	Chicken chopped	} Mix well
	8 oz	Almonds chopped toasted	
	4 oz	Salt	
	2 t	Celery chopped fine	
	4 oz	Vinegar	
	$\frac{1}{4}$ c	Mayonnaise	
	1 c	Bread	

### HAM SALAD SANDWICHES

AMOUNT		INGREDIENT	METHOD
100 slices	4 lb	Ham cold boiled coarsely ground	} Mix well
	8 oz	Pickles chopped	
	2 oz	Pimientos chopped	
	1 c	Boiled dressing	
	1 c	Mayonnaise	
		Bread	

## TUNA FISH SANDWICHES

AMOUNT	INGREDIENT	METHOD
3 lb (4 13-oz cans)	Tuna fish flaked	} Mix well
$\frac{1}{4}$ c	Lemon juice	
1 t	Onion juice	
1 c	Boiled dressing	
1 c	Mayonnaise	
100 slices	Bread	

## MEAT SANDWICHES

AMOUNT	INGREDIENT	METHOD
4 lb	Meat cold boiled finely chopped	} Mix well
$\frac{1}{4}$ oz	Eggs hard-cooked chopped	
4 oz	Celery chopped fine	
8 oz	Olives chopped	
1 pt	Mayonnaise	
$\frac{1}{4}$ c	Vinegar	
$3\frac{1}{4}$ c	Boiled dressing	
1 t	Salt	
100 slices	Bread	

## TOMATO AND BACON SANDWICHES

AMOUNT	INGREDIENT	METHOD
4 lb	Bacon sliced	} Place slices in rows in a baking pan. Cook in oven until crisp and brown
7 lb	Tomatoes sliced	
1 c	Mayonnaise	
100 slices	Bread	
2 heads	Lettuce	
	Spread 50 slices of bread with mayonnaise place bacon slices thin slices of tomato and a piece of lettuce on each	

## PEANUT SANDWICHES

AMOUNT		INGREDIENT	METHOD
1 lb	8 oz	Peanuts shelled	} Grind
		Add	
	6 oz	Butter	} Mixed
		Mix well	
		Add	
	1 c	Cream whipped	
	1 c	Mayonnaise	
	1 T	Salt	
2 heads		Lettuce	} Place a piece of lettuce in each sandwich
100 slices		Bread cracked wheat	

## CHEESE SANDWICHES

AMOUNT		INGREDIENT	METHOD
3 lb		Cheese ground	} Mix well
	1 pt	Cream	
	2 t	Salt	
	1 g	Cayenne	
	4 oz	Butter	
100 slices		Bread	

## SAUCES

The true essentials of a feast are only fun and feed  
—HOLMES

### CARAMEL SAUCE

AMOUNT	INGREDIENT	METHOD
1 lb 1½ c 3 c	Sugar brown Corn sirup Water	} Cook until a soft ball forms (238 F)
	Add	
6 oz 8	Butter Marshmallows	} Stir until melted
	Cool then add	
1½ c	Milk evaporated	
Yield approx 5 c		

### ORIENTAL SAUCE

AMOUNT	INGREDIENT	METHOD
1 lb 1½ pt	Sugar Water	} Cook and stir until sugar is dissolved
	Add	
1 1 1 1	Lemon juice Lemon rind cut into long thin strips Orange juice Orange rind cut into long thin strips	} Cook until clear
	Add	
6 oz	Ginger candied crystallized	} Cook to 234°F
	Remove from stove add	
4 oz	Almonds blanched cut into strips	
Yield approx 1 qt		

NOTE: Serve cold with vanilla ice cream



## FOOD FOR FIFTY

## CHOCOLATE SAUCE

AMOUNT	INGREDIENT	METHOD
5 oz 2½ c	Cocoa	} Mix
	Water lukewarm	
1 qt	Add Water, boiling	} Stir constantly until it boils
	Add Cornstarch	
3 oz ¾ c	Water cold	} Mixed
	Bring to boiling point	
1 lb	Add Sugar	
	Salt	
	Cook over water 1 hr	
8 oz	Add Vanilla	
1 t 8 oz	Butter	

Yield 9 c

Note Serve hot or cold with pudding or ice cream

## HOT CHOCOLATE SAUCE

AMOUNT	INGREDIENT	METHOD
1 lb	Butter soft or melted	} Cream in top of double boiler
	Sugar powdered	
1¼ c 8 oz	Add Milk evaporated	
	Chocolate shaved	
	Cook over water 30 min	

Yield approx 5 c

Note This sauce will keep indefinitely. Serve on vanilla or peppermint ice cream.  
Heat in a double boiler before serving.

## PEPPERMINT SAUCE

AMOUNT	INGREDIENT	METHOD
2 lb 4 oz 2½ c	Sugar Water	} Boil to a medium sirup (234°F)
	Add	
10 oz	Marshmallow cut	
5	Add gradually to Egg whites stiffly beaten	
5 drops	Add Peppermint oil	
Yield approx 2½ qt		

NOTE Chill and serve with ice cream or cake

## CUSTARD SAUCE

AMOUNT	INGREDIENT	METHOD
14 oz 2 oz ½ t	Sugar Cornstarch Salt	} Mix
	Add	
2 pt	Milk cold	} Stir until smooth
	Add	
3 qt	Milk hot	} Stirring constantly
	Add	
10	Egg yolks beaten	} Blend well
	Cook over water add	
2 T	Vanilla	
Yield 5 qt		

NOTE Cool and serve with pudding or over cubed oranges

# FOOD FOR FIFTY

## LEMON SAUCE

AMOUNT	INGREDIENT	METHOD
2 lb 3 1/2 oz 1/2 t	Sugar Cornstarch Salt	} Mix
2 qt	Add Water boiling	
5 oz	Add Lemon juice	} Cook until clear
2 T	Add Butter	

NOTE Yield 2 qt  
Serve hot with steamed bread or rice pudding

## HARD SAUCE I

AMOUNT	INGREDIENT	METHOD
8 oz	Butter	} Cream well
2 T	Add Water boiling	
1 lb 3 oz 1 t	Gradually add Sugar powdered Lemon extract	} Stir until creamy

NOTE Serve with Christmas Pudding

## HARD SAUCE II

AMOUNT	INGREDIENT	METHOD
1 lb 12 oz 4 oz	Butter creamed Sugar brown sifted	} Add sugar gradually Cream well
3/4 c 2 t	Fold in Cream whipped Vanilla	

## HOLLANDAISE SAUCE

AMOUNT	INGREDIENT	METHOD
2 oz	Butter	
3	Add Lemon juice Egg yolks	} Place over low flame and cook slowly beating constantly
2 oz	When first portion of butter is melted add Butter	} Continue cooking and beating
2 oz	Beat until mixture thickens add Butter	} Stirring constantly Cook until thickened
1 g 1 g	Remove from flame add Salt Cayenne	
	Serve immediately	
		Yield 12 servings

NOTE If sauce tends to curdle add hot water a teaspoon at a time stirring vigorously

## MOCK HOLLANDAISE SAUCE

AMOUNT	INGREDIENT	METHOD
1 1/2 qt	Milk hot	
6 oz	Butter melted	
3 oz	Flour	
1 t	Salt	
1/2 t	Pepper	
1 g	Cayenne	Make a white sauce
	Add	
12	Egg yolks unbeaten	
1 lb	Butter	
1/2 c	Lemon juice	
		Add 1 egg at a time a little butter and a little lemon juice until all are added Beat well
		Yield approx 2 qt

## HOT VEGETABLE SAUCE

AMOUNT	INGREDIENT	METHOD
1 lb	Bacon, cubed (or butter)	Fry crisp
	Add	
4 oz	Flour	} Stir until smooth and flour browned
	Add	
1 lb	Sugar	} Mixed and heated to boiling point
2½ oz	Salt	
2¼ pt	Vinegar mild	
1½ pt	Water	
	Cook over water	
		Yield 2½ qt

NOTE Use to wilt lettuce spinach or for hot potato salad

## RAISIN SAUCE

AMOUNT	INGREDIENT	METHOD
1 pt	Sugar	} Bring to boiling point
	Water	
	Add	
1 lb	Raisins cooled	} Let simmer gently about 5 min or until jelly is dissolved
½ c	Vinegar	
2 oz	Butter	
1 T	Worcestershire sauce	
1 t	Salt	
¼ t	Pepper white	
½ t	Cloves	
1 lb	1½ t Mace	
	1 lb Currant jelly	Yield 1½ qt

NOTE Red coloring may be added Serve with ham

## KENTUCKY LAMB SAUCE

AMOUNT	INGREDIENT	METHOD
4 oz	Butter	} Thoroughly blend
½ c	Jelly apple	
½ c	Catsup	
1 t	Sugar	
1 t	Allspice	
		Yield approx 1¼ c

NOTE Fresh mint may be added

## MUSTARD SAUCE

AMOUNT	INGREDIENT	METHOD
1 c2	Sugar	} Mix
1 t	Salt	
2 t	Mustard dry	
	Add	
2	Eggs beaten	} Mixed
2 T	Water	
4 T	Vinegar	
	Cook in double boiler until thick	
	Add	
1 oz	Butter	} Stir until melted
	When cold fold in	
1 pt	Cream whipped	
		Yield approx 2½ c

NOTE Serve cold with pork, beef or ham roasts

## SPANISH SAUCE

AMOUNT	INGREDIENT	METHOD
3 oz	Onion chopped	} Fry until brown
4 oz	Butter	
	Add	
2 qt	Tomatoes canned	} Let simmer slowly until a vegetables are tender
1 lb	Celery diced	
4 oz	Green pepper chopped	
6 oz	Pimiento chopped	
1 T	Salt	
1½ t	Pepper	
1 g	Cayenne	
		Yield 2½ qt

## BARBEQUE SAUCE

AMOUNT	INGREDIENT	METHOD
¾ c	Vinegar	} Mix
3 oz	Sugar	
2¼ c	Catsup	
1 oz	Salt	
1 T	Onion grated	
		Yield approx 1 qt

## BECHAMEL SAUCE

AMOUNT	INGREDIENT	METHOD
1½ qt	Stock white	Cook together 10 min Strain (There should be 1 qt of liquid) Use in the prepara- tion of sauce
4	Onion slices	
2 T	Peppercorns	
3 oz	Carrots chopped	
1	Bay leaf	
8 oz	Butter melted	Use same procedure as for white sauce
4 oz	Flour	
1 qt	Liquid (prepared above)	
1 qt	Milk hot	
1/8 t	Salt	
1/8 t	Pepper white	Yield approx 2 qt
1 g	Cayenne	

NOTE: Serve with meat timbales or soufflé

## WHITE SAUCE

SAUCE I	SAUCE II	SAUCE III	SAUCE IV	INGREDIENT	METHOD
8 oz	10 to 12 oz	12 to 16 oz *	1½ to 2 lb *	Fat melted hot	
4 oz	6 oz	8 oz	1 lb	Flour	Remove from fire add Stir until smooth
1 T	1 T	1 T	1 T	Salt	Add
1 t	1 t	1 t	1 t	Pepper white	
4 qt	4 qt	4 qt	4 qt	Milk scalded	Add gradually stirring constantly
					Cook until smooth and thick
					Yield 1 gal

NOTE: If more than 4 qt of white sauce are made add approx ¼ of the milk to the fat flour mixture stir until smooth add this mixture to the remaining milk

\* May be reduced to 8 to 12 oz If fat is reduced combine flour and salt with ¼ of the milk Add flour milk paste to remainder of milk that has been scalded Cook to desired consistency Add fat

## WHITE SAUCE VARIATIONS

VARIATION	INGREDIENTS
	To - quarts White Sauce No. III
Caper Sauce	Add 1 <sup>1</sup> c capers drained
Celery Sauce	Add 8 oz celery diced cooked
Cheese Sauce	Add 1 <sup>1</sup> oz cheese grated
Egg Sauce	Add 8 eggs hard-cooked chopped
Horseradish Sauce	Add (just before serving) 1 <sup>1</sup> c horseradish drained
Parsley Sauce	Add 1 c parsley minced
Pimiento Sauce	Add 6 oz pimiento chopped
Pepper Sauce	Add (just before serving) <sup>1</sup> / <sub>4</sub> c red peppers chopped <sup>1</sup> / <sub>2</sub> c green peppers chopped <sup>1</sup> / <sub>2</sub> c pickle relish <sup>1</sup> / <sub>4</sub> t mustard seed <sup>1</sup> / <sub>4</sub> t celery seed

## CHEESE SAUCE

AMOUNT	INGREDIENT	METHOD
2 qt	Milk hot	} Make a sauce
3 oz	Flour	
1 T	Salt	
1 g	Cayenne	
1 <sup>1</sup> / <sub>2</sub> to 2 lb	Add Cheese ground	} Mix Yield approx 3 qt

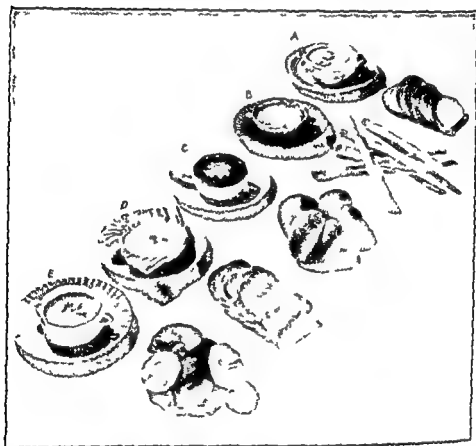
NOTE Do not cook after cheese is added



## SOUPS

Beautiful Soup so rich and green  
 Wasting in a hot tureen!  
 Who for such dainties would not stoop?  
 Soup of the evening beautiful Soup

—*Alice in Wonderland*



Courtesy Gene I. Mills Inc.

FIG. 3.—The right accompaniment may determine the success of the soup course.  
 (a) Potage St. Germaine calls for rye bread (b) Minestrone for Italian bread sticks  
 (c) Onion soup au gratin for hard crusted rolls (d) Clam chowder for lightly buttered  
 toast and (e) Navy bean soup for the hearty plain roll

## WHITE STOCK

AMOUNT	INGREDIENT	METHOD
5 lb	Veal knuckle	} Cut meat into small pieces and put bone and meat into kettle
2 lb	Beef shank lean	
	Add	
1½ gal	Water cold	} Bring to boiling point
	Add	
3	Onions chopped	} Let simmer until meat leaves bone (about 4 hr)
2½ oz	Celery chopped	
2¼ oz	Carrots chopped	
½ t	Peppercorns	
1	Bay leaf	
1 oz	Salt	
	Remove meat	strain and skim off fat
	Add	
4	Egg whites beaten	} Boil 5 min
4	Egg shells crushed	
	Let simmer 15 min	Strain through cheese cloth
		Yield 1 gal

NOTE: This stock may be used for fine soups. Chicken may be used for part of the meat in making this stock.

## BROWN STOCK

AMOUNT	INGREDIENT	METHOD
8 lb	Brisket	} Wipe off meat with damp cloth Dice
	Put $\frac{2}{3}$ of meat into stock pot	
$1\frac{1}{2}$ gal	Add Water cold	} Let stand 30 min
	Heat slowly to boiling point	
	Let simmer 2 hr	
	Add	} Braised
1	Onion	
1 t	Celery seed	
1	Bay leaf	
1 T	Salt	
6	Cloves	
$\frac{1}{3}$ above amount	Beef	
	Let simmer 3 hr	Yield 1 gal

## VARIATIONS OF STOCK SOUP

VARIATION	INGREDIENTS
Alphabet Soup	<p>To</p> <p>3 gallons meat stock</p> <p>Add</p> <p>2 T celery salt</p> <p><math>1\frac{1}{4}</math> t pepper</p> <p>4 oz onion grated</p> <p>6 oz carrots grated</p> <p>10 oz alphabets</p>
Barley Soup	<p>Add</p> <p>1 lb 12 oz barley</p>
Bean Soup	<p>Add</p> <p>4 lb 8 oz navy beans cooked</p> <p>2 c celery leaves chopped</p> <p>4 oz onion</p>
Beef Soup	<p>Add</p> <p>3 lb beef ground fresh</p> <p>5 oz celery chopped</p> <p>5 oz carrots chopped</p> <p>3 oz onions chopped</p> <p>12 oz peas</p> <p>8 oz rice (if desired)</p>
Creole Soup	<p>Add (use 3 qt less stock)</p> <p>1 No 10 can tomatoes</p> <p>1 lb green peppers shredded</p> <p>1 lb onion chopped</p> <p>1 lb macaroni cooked</p> <p>2 oz salt (may vary)</p> <p><math>1\frac{1}{4}</math> t pepper</p> <p>4 bay leaves</p>
Julienne Soup	<p>Add</p> <p>2 T celery salt</p> <p>1 lb carrots cut long thin</p> <p>1 lb green beans cut long thin</p> <p>12 oz celery cut long thin</p> <p>2 oz onions cut long thin</p> <p>2 oz salt (may vary)</p>
Noodle Soup	<p>Add</p> <p>6 oz (A P) noodles</p>
Oyster Bouillon	<p>Add</p> <p>5 oz carrots</p> <p>4 oz onions</p>

## VARIATIONS OF STOCK SOUP (continued)

VARIATION	INGREDIENTS
Rice Soup	10 oz green peppers 2 qt strained tomatoes 6 oz flour 6 oz butter } Blended 2 oz salt (may vary) 2 qt oysters Add 1 lb 9 oz (A P) rice
Spaghetti Soup (or Vermicelli)	Add 1- oz (A P) spaghetti
Split Pea Soup	Add 1 1/2 lb split peas 1 qt tomatoes 2 oz salt (may vary) 1 lb salt pork diced 1 c celery leaves 1 pt cream thin
Tomato Bouillon	Add (omit 6 qt broth) 2 No 10 cans tomatoes strained 1 oz onions chopped 2 oz sugar 2 oz salt (may vary) 1 1/2 t pepper 1 1/2 t cloves 2 bay leaves 1 T peppercorns 1 t soda
Vegetable Soup	Add 3 qt vegetables cooked mixed or 4 qt vegetables raw mixed
Veloute Soup	10 oz flour 6 oz butter } Blended Add Stock 6 oz onions 1 oz or more salt 1 1/2 T peppercorns Vegetables as desired

## BOUILLON

AMOUNT	INGREDIENT	METHOD
4 lb 3½ gal	Bone Water	} Crack the bone and add to the to the water
8 lb	Add Beef lean seared Let simmer for 3 to 4 hr	
8 oz 8 oz 2 oz 1 1 T 5 oz	Add Carrots diced Celery chopped Onion chopped Bay leaf Peppercorns Salt	} Cook 1 hr Strain Chill over night Remove fat
3 3	To clear the broth add Egg shells crushed Egg whites beaten	
Bring slowly to the boiling point stirring constantly Let boil 15 to 20 min without stirring Strain through a cloth		

## VEGETABLE SOUP

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz 1 lb 1 lb 8 oz 2 oz	Carrots diced Turnips diced Cabbage diced Onions diced Salt	} Cook in 2 qt boiling water until tender
4 oz	Add Tapioca minute	
2½ gal	Add to Stock brown hot	
1 qt ¼ t	Add Tomato purée Pepper	

## PEPPER POT SOUP

AMOUNT	INGREDIENT	METHOD
	Onions chopped fine	Fry vegetables in butter approx 15 min
5 oz	Peppers green chopped fine	
6 oz	Celery chopped	
3 1 $\frac{1}{2}$ 8 oz (E P)	Potatoes diced	
1 oz	Butter	Stir until well blended
	Add	
5 oz	Flour	
	Add	Keep just below the boiling point for 30 min
1 $\frac{1}{2}$ qt	Stock hot	
1 $\frac{1}{2}$ pt	Milk hot	
1 oz	Salt	
- T	Pepper red chopped	

## TOMATO RICE SOUP

AMOUNT	INGREDIENT	METHOD
2 gal	Soup stock	Heat to boiling point
1 gal	Tomatoes puréed	
1 oz	Salt	
	Add	Cooked until rice is tender
2 oz	Onions chopped	
4 oz	Green peppers chopped	
8 oz	Rice	
	Add	Mix
6 oz	Fat melted	
3 oz	Flour	

## FOOD FOR FIFTY

## RICE SOUP

AMOUNT	INGREDIENT	METHOD
8 lb	Soup bone and meat	} Make soup stock. There should be $4\frac{1}{2}$ to 5 qt when cooked
$2\frac{1}{2}$ gal	Water cold	
1 lb	Celery diced	
	Add	
13 oz	Rice	} Cooked in 6 qt of boiling water
1 gal		
1 t	Milk hot	}
$2\frac{1}{2}$ oz	Onion juice	
1 t	Salt	
$\frac{1}{4}$ c	Pepper	
	Parsley chopped	

Note Garnish with toast rings sprinkled with chopped parsley and Parmesan cheese

## SPLIT PEA SOUP

AMOUNT	INGREDIENT	METHOD
4 lb	Peas split	} Wash and soak over night
2 gal	Water	
1	Add	
	Ham bone (or $\sim$ lb salt pork)	} Cook 4 or 5 hr or until peas are soft. Strain
	Cook in water in which peas were soaked	
4 oz	Add to peas	} Made into a white sauce
2 oz	Butter melted	
1 oz	Flour	
$1\frac{1}{2}$ oz	Onion chopped	
$\frac{1}{2}$ t	Salt	
	Pepper	
2 qt	Milk hot	
	Bring to boiling point	
	Serve at once	

Note It may be necessary to add more salt. If soup becomes too thick add hot milk to bring to proper consistency

## SPANISH BEAN SOUP

AMOUNT	INGREDIENT	METHOD
5 lb 1 lb 4 <sup>1</sup> gal	Beans kidney Onions chopped Water	} Cook until beans are tender Strain
	Add	
8 oz 4 oz 2 oz	Onions chopped Green peppers Butter or bacon fat	} Fried until onions are slightly browned
	Add	
1 <sup>1</sup> / <sub>2</sub> gal 3 oz 1 <sup>1</sup> / <sub>4</sub> T	Tomatoes strained Salt Pepper	} Heat about 10 min Add to bean puree
	Cook 5 min to blend thoroughly the ingredients Serving approx 6 oz	

NOTE Baked bean puree may be substituted for kidney bean puree

## ORANGE SOUP (CH EN TZU KENG)

AMOUNT	INGREDIENT	METHOD
2 c 6 oz 1 t	Wa er Sugar Salt	} Heat to the boiling point
	Add	
2 oz 1 c	Cornstarch Water cold	} Made into a paste
	Cook until clear add	
6 qt 2 oz	Orange juice Butter	
	Heat and serve at once	

NOTE Foundation may be made and kept covered Reheat before adding fruit juice



## BASIC CREAM SOUP

AMOUNT	INGREDIENT	METHOD
9 qt 12 oz 6 oz 2 oz ½ t	Milk hot Butter melted Flour Salt Pepper white	} Make a white sauce
VARIATION Asparagus Soup	Add 6 lb 8 oz asparagus cut and cooked Strain after it has been added to the white sauce Serve immediately	
Celery Soup	Add 1 lb 8 oz celery stalks chopped 8 oz carrots diced 2½ oz onions 1½ gal water Cook vegetables in the water for about 1 hr Add to white sauce Heat then strain	
Corn Soup	Add 3 qt corn 1 oz onions chopped Strain after the corn has been added	
Pea Soup	Add 3 qt pea purée 2 oz onions minced 1 oz sugar	
Spinach Soup	Add 2½ to 3 qt spinach purée 1 oz onions grated (optional)	

## CREAM OF POTATO SOUP

AMOUNT		INGREDIENT	METHOD
12 lb		Potatoes	Cook until the potatoes are soft. Purée or mash without draining.
6 oz		Onion chopped	
9 qt		Water	
9 q		Add to	Made into a white sauce
		Milk whole hot	
	1 oz	Butter	
	3 oz	Flour	
	1 t	Pepper white	
	3 oz	Salt	Bring to boiling point Sprinkle with parsley and serve
			Yield approx 3 gal

NOTE 12 eggs beaten and added to the soup just before serving will improve the flavor

## CREAM OF TOMATO SOUP

AMOUNT		INGREDIENT	METHOD
1½ gal		Tomato puree thin	Heat to boiling point
	1 oz	Onion chopped	
	½	Bay leaf	
		Add	Mix well
	2 t	Soda	
		Just before serving	pour slowly into
1½ gal		Milk hot	
	10 oz	Butter melted	Made into a white sauce
	6 oz	Flour	
	2 oz	Salt	
	1 t	Pepper	
	4 oz	Sugar	
			Yield approx 3 gal

NOTE Chopped parsley and 1 t whipped cream may be used as a garnish for each serving

## CREAM OF VEGETABLE SOUP

AMOUNT	INGREDIENT	METHOD
1 lb (E P)	Celery chopped	} Mix Cook until vegetables are soft
4 oz	Onion chopped	
1 lb	Carrots diced	
2 lb	Potatoes diced	
1 gal	Water	
2 oz	Salt	} Made into a white sauce
9 qt	Add to Milk hot	
5 oz	Fat melted	
2 3/4 oz	Flour	
		Yield approx 3 gal

## CREAM OF CHICKEN SOUP

AMOUNT	INGREDIENT	METHOD
1 pt	White Sauce No 1	} Substitute chicken fat for butter in making the white sauce
2 gal	Add Chicken stock	
2 t	Celery salt	
1/4 t	Pepper white	
		Yield 3 gal

NOTE 2 c of chopped chicken and 2 c of cooked rice may be added to the above recipe Sprinkle chopped parsley over the top just before serving

## CORN CHOWDER

AMOUNT	INGREDIENT	METHOD
1 lb	Salt pork cubed	} Fry until crisp
	Add	
12 oz	Onions chopped	} Cook slowly 5 min
	Pour into kettle	
5 lb (E P)	Potatoes cubed cooked	
	Add	
1 No 10 can	Corn	
	Add	
	Fat tried from pork	} Made into a white sauce
2 oz	Flour	
7 qt	Milk hot	
1 t	Pepper white	
2 oz	Salt	
		Serving 6 oz

## CLAM CHOWDER

AMOUNT	INGREDIENT	METHOD
- qt (8 9-oz cans)	Clams	} Clean Steam until tender Drain and chop (save juice)
	Add	
- oz 4 oz	Onions chopped Salt pork	} Fried together 5 min
	Add	
5 lb (E P) 1 T	Potatoes cubed cooked Salt	
- gal	Add White Sauce No 1	

Serving approx 8 oz

NOTE Juice drained from clams may be substituted for an equal quantity of the milk in white sauce

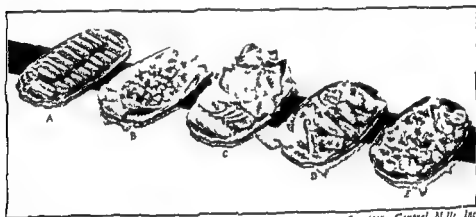
## POTATO CHOWDER

AMOUNT	INGREDIENT	METHOD
6 slices 5 oz	Bacon cubed Onions chopped	} Fry together until onions are tender
	Add	
3 oz	Flour	
	Add	
6 qt	Milk hot	
	Add	
5 lb 2 oz 1 t	Potatoes cubed cooked Salt Pepper	} Heat

Serving approx 6 oz

## ACCOMPANIMENTS FOR SOUP

Bacon Square, broiled and diced	Custard Cubes	Parsley
Celery	Dumplings	Pickles
Cheese Sticks	Eggs poached	Radishes
Cheese grated on toast	Egg Balls	Toast Sticks
Crackers toasted	Julienne Vegetables	Vegetables, crisp
Crisped Bread	Melba toast	Whipped Cream
Croutons	Olives	



Courtesy General Mills Inc

FIG XI—Pleasing accompaniments for the soup course

(a) New style bread sticks (b) croutons (c) Melba toast (d) toasted cheese rolls  
(e) toasted rings

## VEGETABLES

By the lamplit stall I loitered feasting my eyes  
On colors ripe and rich for the heart's desire—  
Tomatoes redder than Krakatoa's fire,  
Oranges like old sunsets over Tyre  
And apples golden green as the glides of Paradise

—W W GIBSON *Sight*

## VEGETABLE COOKERY

The amount of time required to cook any given vegetable will depend upon

- 1 Method of cookery
- 2 Age and condition of vegetable
- 3 Preparation of the vegetable (large or small pieces)
- 4 The amount of water used and the temperature
- 5 The amount of vegetable cooked at one time
- 6 Chemical composition of the water
- 7 The size and shape of container used
- 8 Altitude
- 9 Preference of clientele served

## DRIED VEGETABLES

A greater yield and a more satisfactory product is obtained from dried vegetables if they are soaked several hours before they are to be used

## FOOD FOR FIFTY

VEGETABLE	LBS	METHOD	APPROXIMATE COOKERY TIME*
Asparagus			
Asparagus	5	Steamer	8 to 10 minutes**
Green Beans	5	Stove	15 to 20 minutes
Green Beans	5	Steamer	25 to 35 minutes
Beets unpeeled old	5	Stove	45 to 55 minutes
Beets peeled	Up to 30	Steamer	1 1/2 to 2 hours
shredded			
Broccoli stems split	5	Steamer	3 to 4 minutes**
Broccoli	5	Steamer	6 to 8 minutes**
Brussels Sprouts	5	Stove	12 to 15 minutes
Brussels Sprouts	5	Steamer	6 to 8 minutes**
Cabbage cut	5	Stove	15 to 20 minutes
Cabbage cut	5	Steamer	6 to 8 minutes**
Cabbage shredded	5	Stove	15 to 20 minutes
Carrots quartered	5	Steamer	5 minutes**
Carrots quartered	5	Stove	15 to 20 minutes**
Cauliflower	5	Steamer	15 to 20 minutes**
Cauliflower	5	Stove	25 to 35 minutes
Onions	5	Stove	6 to 8 minutes**
Parsnips quartered	5	Steamer	15 to 20 minutes
Peas fresh	5	Stove	15 to 20 minutes
Peas fresh	5	Steamer	15 to 20 minutes
Potatoes sweet	5	Steamer	20 minutes**
Potatoes white	Up to 30	Stove	8 to 10 minutes**
Potatoes white	Up to 30	Steamer	20 to 25 minutes
Spinach			30 to 40 minutes
Spinach	5	Stove	20 to 30 minutes
Squash summer	5	Steamer	30 to 45 minutes
Squash summer	5	Stove	5 minutes**
Turnips cut	5	Steamer	18 to 25 minutes
Turnips cut	Up to 30	Stove	12 to 15 minutes**
Turnips whole	5	Steamer	20 to 30 minutes
Tomatoes whole		Stove	15 to 20 minutes**
		Oven	20 to 30 minutes
			18 to 25 minutes

\* If a steam jacketed kettle is used for cooking vegetables the cooking time required will be comparable to the time given for steaming

\*\* Arranged in a thin layer preferably in the serving pan

**SUMMARY OF A STUDY OF THE WASTE AND TIME  
OF PREPARATION OF CERTAIN FRESH  
FRUITS AND VEGETABLES\***

	AVERAGE PERCENTAGE OF WASTE	TIME OF PREPARATION MINUTES PER LB
Vegetables		
Beans string	10 48	6 6
Cabbage	28 08	1 2
Carrots	21 42	2 0
Cauliflower untrimmed	72 89	0 5
Cauliflower trimmed	53 58	0 7
Celery	38 55	5 4
Cucumbers	25 54	2 7
Onions	6 85	2 2
Peppers green	28 11	—
Potatoes	27 67	1 1
Spinach	37 78	3 5
Sweet Potatoes	26 15	1 1
Tomatoes	14 46	1 4
Fruits		
Apples unpeeled	14 24	1 8
Apples peeled	27 89	2 0
Bananas	33 44	—
Strawberries	18 43	7 3

\* Lillian H. Johnson. A Study of the Waste in and the Time of Preparation of Certain Fresh Fruits and Vegetables. Unpublished thesis (1931) Kansas State College



## CANNED VEGETABLES

VEGETABLE	CREAMED		BUTTERED	
	Amount		Amount	
	Vegetable	White Sauce II	Vegetable	Butter
Asparagus	2 No 10 cans	2 qt	2 No 10 cans	8 oz
Beans wax	2 No 10 cans	2 qt	2 No 10 cans	8 oz
Beans Lima	1½ 2 No 10 cans	2 qt	2 No 10 cans	8 oz
Carrots diced	1½ No 10 cans	2 qt	2 No 10 cans	8 oz
Hominy	1½ No 10 cans	2 qt	2 No 10 cans	8 oz
Peas	1½ No 10 cans	2 qt	2 No 10 cans	8 oz
Tomatoes			2 No 10 cans	8 oz

## CREAMED OR BUTTERED VEGETABLES

VEGETABLE	CREAMED		BUTTERED	
	Amount		Amount	
	Vegetable	White Sauce II	Vegetable	Butter
Asparagus tip	20 lb	1 qt	21 lb	8 oz
Asparagus cut	10 lb	3 to 3 qt	15 lb	8 oz
Broccoli			21 lb	8 oz
Cabbage	10 lb	2 to 3 qt	12 lb	8 oz
Carrots	10 lb	2 to 3 qt	12 lb	8 oz
Cauliflower	10 lb E P	2 to 3 qt	10 lb (E P)	8 oz
Celery	7 lb E P	1 qt		
Onions	8 lb E P	2 to 3 qt	13 lb	8 oz
Potatoes	12 lb E P	3 qt	12 lb (E P)	8 oz
Peas	25 lb	2 qt	25 lb	8 oz
Squash			12 lb	8 oz
Tomatoes whole			18 lb	8 oz
Turnips diced	10 lb	2 qt	10 lb	8 oz

## MASHED POTATOES

AMOUNT	INGREDIENT	METHOD
12 lb (L P)	Potatoes	} Place in large kettle
1½ gal 3 oz	Add Water boiling Salt	
1½ qt 8 oz 2 oz	Mash and add Milk hot Butter Salt	} Cook until tender Drain
		Serving approx 5 oz

NOTE Whip until light and creamy Potatoes may be cooked in the steamer

## SCALLOPED POTATOES

AMOUNT	INGREDIENT	METHOD
11 lb (F P) 2 oz	Potatoes Salt	} Slice Place in 2 baking pans
1 gal	Pour over potatoes White Sauce No II hot	
6 oz 2 oz	Bake 1 hr then cover potatoes with Bread crumbs Butter melted	} Mixed

Bake approx 2 hr 350 F

Serving 5 oz

NOTE If a shorter cooking time is desired the sliced potatoes may be steamed until tender

## FRENCH FRIED POTATOES

AMOUNT	INGREDIENT	METHOD
10 lb (L P)	Potatoes	Cut into long narrow pieces Cover with cold water Let stand 1 hr or longer Drain Place in wire basket and fry in deep fat about 2 min Drain on brown paper This may be done before serv- ing time At serving time fry the potatoes again until brown and tender
		Serving approx 3 oz

NOTE If raw fry in deep fat approx 4 min 375°F

## SCALLOPED SWEET POTATO AND APPLE

AMOUNT	INGREDIENT	METHOD
15 lb	Sweet potatoes	} Cook potatoes in skins Peel and slice
5 lb	Apples peeled and sliced	
	Place alternate layers of sweet potatoes and apples in baking pan	
	Add	
1 lb	Sugar brown	} Made into a sirup
8 oz	Sugar white	
1 1/2 oz	Salt	
8 oz	Butter	
2 qt	Water	

Bake 45 min 350°F

NOTE During the last 5 min of baking place 1 lb of marshmallows on the top  
 For Cranberry Sweet Potato casserole substitute 7 lb uncooked cranberries for apples omit brown sugar and add 4 lb of granulated sugar

## GLAZED SWEET POTATOES

AMOUNT		INGREDIENT	METHOD
20 lb	(A P)	Sweet potatoes	} Pare potatoe then cook or cook then pare Arrange in shallow pans
		Pour over potatoes	
1 lb	12 oz	Sugar brown	} Mixed and heated to the boil ing point
	1 pt	Water	
	4 oz	Butter	
	1/2 t	Salt	

Bake approx 15 to 20 min 400 F

Serving approx 4 oz

NOTE Baste frequently with sirup

## APPLES (Buttered)

AMOUNT	INGREDIENT	METHOD
13 lb (E P)	Apples	} Cut apples into sections. Remove core. Arrange in pan
	Add	
8 oz	Butter	} Mixed
1 pt	Water hot	
1 lb 9 oz	Sugar	
1 oz	Salt	
	Cover and let simmer until apples are tender	

Cook approx 1 hr

Serving 4 oz

NOTE: A more attractive product is obtained if apple sections are arranged in a serving pan and steamed until tender, butter and sugar sprinkled over the top, and then placed in the oven for 15 to 20 min.

Apples may be cut into rings and cinnamon drops, red hots, added for flavor and color.

## CABBAGE (Buttered)

AMOUNT	INGREDIENT	METHOD
9 lb (E P)	Cabbage	} Remove outer leaves. Cut into quarters and remove stalk. Cut quarters in several pieces or shred. Cook in boiling salt water until tender.
4 gal	Water boiling	
4 oz	Salt	
	Drain and add	
8 oz	Butter melted	

Cooking time approx 20 min

Serving 3 oz

NOTE: Cabbage will cook in a shorter time if shredded and will yield a more desirable product.

## SPINACH (Buttered)

AMOUNT	INGREDIENT	METHOD
10 lb (E P)	Spinach	} Remove roots, wilted leaves, and coarse stems. Weigh. Wash first in warm water then in cold water until free from soil. Enough water will cling to the leaves so it is not necessary to add water to cook. Cook in uncovered kettle, stirring frequently with a fork until leaves are wilted. Drain if necessary.
	Add	
1 oz	Salt	
8 oz	Butter	

Cooking time approx 20 min

Serving 3 oz

## HOT SLAW

AMOUNT	INGREDIENT	METHOD
1 lb 5 oz	Sugar	} Mix
1 oz	Salt	
4 oz	Flour	
2 t	Mustard dry	
	Add	
1 qt	Milk, hot	} Stir and cook until thick
1 qt 1 c	Water, hot	
	Add	
8	Eggs beaten	} Stirring constantly
	Add	
2½ c	Vinegar hot	
	Pour sauce over	
9 lb (E P)	Cabbage raw shredded	
4 t	Celery seed	

Serving approx 3 oz

Note Do not pour hot sauce over cabbage until ready to serve The sauce will yield 4 qt This sauce may also be used as a cooked salad dressing

## VEGETABLE MACEDOINE

AMOUNT	INGREDIENT	METHOD
1 lb 8 oz	Celery	} Dice and cook together in juice drained from peas and enough water to make 5 c
6 oz	Onion	
2 lb	Carrots	
	When partially cooked add	
1 lb 8 oz	Potatoes diced	
2 lb 8 oz	Peas canned	
3 lb 4 oz	Tomatoes cooked	
1 T	Salt	
	When all vegetables are tender, add	
4 oz	Butter or bacon fat	} Creamed
1 oz	Flour	

Cook approx 45 min

Serving approx 3 oz

## SPANISH GREEN BEANS

AMOUNT	INGREDIENT	METHOD
8 oz	Bacon diced	} Fry until onions are browned
6 oz	Onion chopped	
4 oz	Green pepper chopped	
	Add	
4 oz	Flour	Stir until smooth
	Add	
1 No 10 can (or 6 lb)	Tomatoes, hot	Stir well
	Add	
2 No 10 cans (or 10 lb)	Green beans drained Pour into a flat pan Let simmer approx 30 min	

## GERMAN CARROTS

AMOUNT	INGREDIENT	METHOD
1 qt	Vinegar dilute	} Make into a sauce Cook 5 min
2 t	Salt	
2 oz	Cornstarch	
2 lb	Sugar	
	Add	
8 oz	Butter	Stir until melted
	Add	
10 lb	Carrots cooked diced	Let simmer 15 min
	When ready to serve	sprinkle with chopped parsley
		Serving approx 3 oz

NOTE: Use the water in which the carrots were cooked to make the sauce if possible if this water is used omit salt from sauce

## BRAISED CELERY

AMOUNT	INGREDIENT	METHOD
8 lb (E P)	Celery	} Use outside stalks and cut into 1½ in pieces
1 gal	Cook until tender in Broth	
	Add	
6 oz	Flour	} Made into a thin paste
1 c	Broth cold	
	Add	
1 t	Salt (or more)	
Cook approx 1 hr		Serving approx 3 oz

## SCALLOPED CUCUMBERS

AMOUNT	INGREDIENT	METHOD
14 lb	Cucumbers	} Pare Slice lengthwise and re- move hard seeds Steam 3 min Drain
	Arrange in oiled baking pan	
	Sprinkle with	
1 oz	Salt	
1 t	Pepper	
	Pour over the cucumbers	
2½ qt	White Sauce No IV	} Mixed
6 oz	Pimiento chopped	
	Sprinkle over the top	
8 oz	Buttered bread crumbs	

Bake approx 30 min 350 F

NOTE For variety cheese may be added to white sauce

# HOT POTATO SALAD

AMOUNT	INGREDIENT	METHOD
1 lb	Bacon	Dice and fry
	Add	
1½ pt	Mayonnaise	
1 pt	Cooked salad dressing	
	Add	
15 lb (C P)	Potatoes	Diced and steamed until tender
	Add	
3 oz	Onion	
6 oz	Green pepper chopped	
1-	Eggs hard cooked	
	Combine all ingredients just before serving	
	Serving approx 4 oz	

NOTE: Bacon and salad dressing may be omitted and one recipe of hot vegetable sauce added

# HARVARD BEETS

AMOUNT	INGREDIENT	METHOD
10 lb	Beets fresh	
	Cut tops from beets leaving 2 in stems	Weigh
	Do not remove roots	
	Wash and cook until tender	Plunge into cold water
	Remove skins	Cut into ¼ in cubes (May use 2
	No 10 cans of beets in place of fresh beets)	
	Raw beets may be peeled shredded and cooked 4	min in steamer

## SAUCE

12 oz	Sugar	} Mix
1 oz	Salt	
8 oz	Cornstarch	
	Add	
- qt	Water hot	Stirring constantly
	Cook until thick	add
4 oz	Butter	
1 c	Vinegar	
	Add the sauce to the beets and reheat	

NOTE: If the beets are canned use the beet juice in place of water



## BAKED TOMATOES

AMOUNT	INGREDIENT	METHOD
50	Tomatoes (4 to 5 oz each)	Wash Cut cone-shaped piece from center
3½ oz	Add Salt Allow to stand 1 hr	3½ t in center of each tomato
2 oz 6 oz	Add Bread crumbs coarse Onions chopped fine	Place 1 t crumbs and 1 t onion in each tomato

Bake 15 to 20 min 400°F

## SAUTEED TOMATOES

AMOUNT	INGREDIENT	METHOD
15 lb	Tomatoes	Wash Cut into ½ in slices
3½ oz	Season with Salt	
1 lb 2 oz 12 oz	Dredge in Bread crumbs dry Flour	Mixed
1 lb	Sauté in Butter	

## STUFFED BAKED ONIONS

AMOUNT	INGREDIENT	METHOD
50	Onions (4 oz each)	Peel Scoop out center Steam until tender
1 lb	Fill with Bread crumbs dry	
1 oz	Salt	
1½ qt	White Sauce No 1	Mixed with onion centers
1 lb	Butter	cooked and chopped
6	Egg yolks beaten	
	Cover tops with buttered crumbs	

Bake 400 F until browned

Note For variation 1 lb chopped almonds may be added to filling For plain baked onions make a small cavity in each onion steam Sprinkle salt in each onion and fill with buttered crumbs Bake until brown

## BAKED BEANS

AMOUNT	INGREDIENT	METHOD
5 lb	Beans navy	} Weigh wash and soak over night Drain
	Add	
1 gal 1 pt	Water	} Cook until tender
	Add to beans	
2 oz	Salt	
6 oz	Sugar brown	
1 t	Mustard dry	
1 oz	Vinegar	
1 oz	Molasses	
1/2 c	Catsup (optional)	
1 lb	Salt pork cubed	
	Pour into baking pan	

Bake 4 hr 350°F

Serving approx 3 oz

NOTE If necessary more water may be added to beans while cooking

## BAKED LIMA BEANS

AMOUNT	INGREDIENT	METHOD
6 lb	Beans Lima	} Soak beans in cold water Drain Add boiling water cook until tender
1 gal	Water boiling	
	Add to beans	
4 oz	Pimiento chopped	} Mixed
8 oz	Fat bacon	
1 oz	Salt	
1 c	Molasses	
	Pour beans into a baking pan	
	Place on the top of beans	
1 lb 8 oz	Salt pork sliced	
	Bake until tender and brown	

Bake approx 2 hr 350°F

Serving approx 5 oz

## CURRIED RICE

AMOUNT	INGREDIENT	METHOD
12 oz	Onion, minced	} Cook until onions are slightly browned
12 oz	Butter	
3 lb	Add Rice washed	} Stir until butter is absorbed
	Add	
1½ qt	Curry powder	} Boil 10 min
½ oz	Salt	
2½ qt	Water boiling	
	Pour rice mixture into double boiler	
3 qt	Add Milk hot	} Cook until rice is tender Serving 5 oz

NOTE Serve with veal stew

## SPANISH RICE

AMOUNT	INGREDIENT	METHOD
2 lb 4 oz	Rice	} Wash in cold water Cook in 8 qt boiling water until tender Drain and wash with hot water
	Add	
4 lb	Tomatoes canned	
2½ oz	Pimiento chopped	
2 oz	Salt	
1 lb	Add	} Fried together
	Bacon chopped	
8 oz	Onion chopped	
4 oz	Green pepper chopped	
	Pour into oiled pan	

Bake approx 1 hr 350°F

Serving approx 5 oz

## SWEET POTATO AND ALMOND CROQUETTES

AMOUNT	INGREDIENT	METHOD
10 lb (E P)	Sweet potatoes	1 Cook and mash
16	Add Egg yolks beaten	} Mix well
1 c	Cream	
	Add	} Mix well
1 lb	Nutmeg	
5 T	Sugar	
1 T	Salt	
	Almonds chopped	
	Measure with a No. 12 dipper	
	Let stand in ice box 2 hr	
	Remove ½ hr before frying	
	Dip in egg mixture	
	Roll in	
1 lb	Cornflakes	
	Shape Place a few croquettes in wire basket	

Fry in deep fat 3 to 4 min 375°F

NOTE Sweet potato puffs for a large number may be made by placing them on an oiled pan and baking them 30 to 45 min 350 F

## RICE CROQUETTES

AMOUNT	INGREDIENT	METHOD
2 lb 4 oz	Rice	1 Wash with cold water
	Add to	} Cook until tender
3 qt	Milk hot	
1½ qt	Water hot	
2 oz	Salt	
16	Add	} Cook until eggs are done
	Eggs beaten	
2 oz	Butter	
	Measure with a No. 12 dipper	Let cool 2 hr Shape
	Egg and crumb using	
1 c	Milk	
3	Eggs	
12 oz	Crumbs bread	

Fry in deep fat approx 3 to 4 min 375°F

NOTE Serve with cheese sauce or apricot sauce

## HOT CORN SANDWICH

AMOUNT	INGREDIENT	METHOD
3 qt	Tomato purée	} Make as white sauce
2 qt	Corn	
1 lb	Butter	
4 oz	Pimientos chopped	
2 oz	Salt	
8 oz	Flour	
	Add	
1 lb	Cheese, ground	} When cheese is melted add eggs
8 oz	Paprika	
- T	Egg yolks beaten	
20	Heat over water until yolks are cooked stirring constantly	

NOTE Serve immediately on a split toasted bun

## VEGETABLE PIE

AMOUNT	INGREDIENT	METHOD
3 lb (E P)	Carrots raw diced	} Cook vegetables until tender
2 lb (E P)	Potatoes diced	
2 oz	Onion chopped	
2 oz	Pepper green chopped	
2 qt	Water, or more	
	Add	
2 lb	Peas	} Drain liquid from peas and tomatoes and use with other ingredients to make a sauce
4 lb	Tomatoes	
3 oz	Flour	
1 oz	Salt	
1 t	Pepper	
8 oz	Fat bacon	Add this to peas and tomatoes
	Pour into 2 pans 12 in x 20 in	
	Cover with biscuit dough	

Bake 20 min 400°F

NOTE Use 1/2 of biscuit recipe and roll to 1/2 in thickness rectangular shape

## VEGETABLE TIMBALES

AMOUNT	INGREDIENT	METHOD
2 qt 1 c 18	Vegetable finely chopped or purced Eggs beaten	
1½ qt 6 oz 3 oz 1½ oz	Add Milk hot Butter melted Flour Salt	} Made into a white sauce
	Pour into 50 custard cups	
	Place cups in pans of hot water	

Bake 30 min 350°F

NOTE Use carrots cabbage asparagus spinach or chard

### PREPARATION AND ADDITIONAL SUGGESTIONS FOR SERVING VEGETABLES

1 *Artichokes* Cut off stem close to leaves and 1 in. off from the top. Cook in a large quantity of boiling salted water 30 min. to 1 hr., depending on size.

2 *Fresh Asparagus with Cheese Sauce* Place 5 or 6 stalks of cooked asparagus on each plate and garnish with a tablespoon of cheese sauce and iced egg yolk.

3 *Broccoli* Remove only large outer leaves and tough part of stem. Cover with rapidly boiling salted water. Cooked in uncovered utensil 12 to 15 min. Serve with lemon or Hollandaise sauce.

4 *Brussels Sprouts* Trim outer leaves from sprouts and a little off stem. Cook in a large quantity of boiling salted water 10 to 15 min. in uncovered kettle.

5 *Julienne Carrots and New Peas* Cut carrots into long narrow strips, cook, and add butter. Place 4 or 5 strips on each plate and place a tablespoon of buttered peas in the center.

6 *Buttered Latticed Carrots* Cut the carrots with a lattice slicer and cook until tender. serve with melted butter.

7 *Carrots O'Brien* Cut carrots into long narrow strips, cook, and add butter in which pepper strips have been cooked. Cook a few minutes and add pimiento strips before serving.

8 *Corn with Green Pepper Ring* Place a ring of green pepper on each serving of buttered whole grain corn.

9 *Green Peppers Stuffed* Remove fresh corn from cob. Season with salt, pepper, and sugar and cook partially. Stuff peppers with this mixture and bake in milk.

10 *Green Peppers Stuffed* Stuff green peppers with macaroni or mashed potatoes.

11 *Egg in Green Pepper Rings* Cut peppers into wide rings, parboil, and arrange in oiled baking pans. In each ring place an egg. Bake until firm.

12 *Broiled Tomatoes* Select firm ripe tomatoes. Slice, dip in egg, and then

in flour Place in pan dot each piece with butter Cook under broiler or in a very hot oven Tomatoes may also be broiled whole Cut off top dot with butter and place under broiler

13 *Celery and Rice* Cook celery and when tender add cooked rice Let simmer 20 min Add butter Garnish

14 *Stuffed Turnips* Remove the center from ■ medium sized cooked turnip Fill with buttered peas or baked beans

15 *Apple Rings* Cut rings of unpeeled apple steam until tender add sugar and butter and bake 15 min Garnish with jelly

16 *French Fried Squash* Use a French vegetable cutter to make balls from squash Steam until tender roll in batter then in crumbs and fry

17 *French Fried Pineapple Rings* Bread pineapple rings and fry in deep fat

18 *Spinach and Beets* Serve spinach with sliced new beets

19 *Stuffed Tomatoes* Stuff tomatoes with cooked rice cover with buttered bread crumbs and broil

20 *Stuffed Tomatoes* Stuff broiled tomatoes with cooked cauliflower Serve with cheese sauce

21 *Stuffed Beets* Stuff cooked beets with a mixture of bread crumbs onion juice beet pulp salt and pepper Bake

22 *Rice (Oriental)* Boil 4 lb of rice in 3 qt of water to which 1½ oz of salt has been added until nearly all the water has evaporated Cover and place over very low flame Steam until water is absorbed about 30 min Remove cover and let rice dry If brown rice is used time for cooking is approx 1 hr

23 *Mushrooms* Clean thoroughly Peel all but tender young caps To fry Add whole sliced mushrooms to butter (2 oz butter to 1 lb mushrooms) Cover and cook over low heat until tender approx 10 min

To cream Proceed as for frying when cooked 2 min add flour (1 T to 1 lb mushrooms) Blend add 1 pt thin cream Cover and cook 5 min Season

To broil Remove and chop stems Season Use these to fill hollows of caps Place in shallow pan Dot with butter Broil

24 For variety use

a Creamed fresh peas and mushrooms

b Scalloped peas and onions

c Scalloped or creamed carrots and onions

d Corn and tomatoes

■ Lima beans and corn (succotash)

f Scalloped cauliflower and apples

g Carrots and celery

h Scalloped cucumbers with tomatoes green peppers and onions

i Scalloped spinach with tomato

j Scalloped celery and peas

k Peas cooked in water containing mint leaves and sugar Lemon juice and butter added before serving

l Tomatoes and celery stewed

## PART III

### MENU PLANNING

The initial step toward a successful meal is a carefully planned menu. The usual dietetic principles and menu planning suggestions should be followed with special emphasis upon the following points:

1 *The age, sex, and occupation of the group to be served.* In most cases the type of food suitable for a men's civic club would not be enjoyed by a group of high school girls, nor would the luncheon considered by the high school girls as perfectly delicious. Food preferences are definitely influenced as are food needs by the age, sex, and occupation of the persons comprising the group being served.

2 *The income and cost dispersion.* The amount paid for a meal and the number of guests served determine to a great extent the type of meal that can be served. Within limits the larger the number served the better the quality and the wider the variety which can be served for a given price.

3 *The number to be served.* Besides affecting the variety of food that can be served for a given price, the number to be served also influences the method of preparing the food. For example, it would be difficult under usual institutional conditions to prepare grilled tomatoes or stuffed baked potatoes for a large group.

4 *Climate and season.* The climate and season must be considered in the choice of foods. Plan cool, crisp, fresh foods for hot weather. In cold weather the heavier foods high in caloric value may be used. Use foods which are in season; they are less expensive and of a better quality. Certain foods are especially enjoyed at holiday times, such as turkey at Thanksgiving and plum pudding at Christmas.

5 *Equipment needed.* There is a definite relation between the menu and the equipment available for its preparation. The menus should be planned so that the preparation will require only the available equipment. The dining room equipment (dishes, linen, and silver) also limits the extent of the menu, the table setting, and the type of service.

6 *Type of kitchen employees and time for preparation.* If the food is to be prepared by inexperienced class girls or untrained employees, the menu must be kept simple in detail and foods selected that do not require special skill or extra time for preparation. It is always advisable to have a minimum amount of last minute preparation so that all hot foods may be served *hot* and cold foods *cold*.

7 *The place of service and the number of waitresses.* It is obvious that the place of service and the number of waitresses available should influence the kind and extent of the menu. An elaborate menu consisting of many





- 4 Plan hot bread
- 5 Plan dessert
- 6 Plan first course if one is to be served
- 7 Plan beverage
- 8 Plan cereals if used
- 9 Plan breakfast fruits

On the following pages there are given lists of meat arranged according to their suitability for dinner menus or luncheon menus. There are also lists of vegetables, salads, garnishes, breads, and desserts. These lists, although not complete and exhaustive, are fairly comprehensive. Reference to them should afford suggestions for varying menus. Further suggestions for salads and vegetables are given under these headings in the recipe section of this manual.

# MENU PLANNING SUGGESTIONS LIST I MEATS

DINNER MEATS	LUNCHEON MEATS	DINNER OR LUNCHEON MEATS
Chicken Baked Broiled Fricassee Fried Maryland Beef and Veal Corned Beef Steaks, Beef Broiled Chops Minute Fillet Mignon Sirloin Steaks Veal Braised T bone Steaks Round Braised Country Fried Cubed Swiss Spanish Roast Beef Roast Veal Stuffed Flank Steak Veal Cutlets Breaded Baked in Sour Cream Veal Birds Veal Birds with Mushroom Stuffing Fish Baked Baked Stuffed Broiled Boiled Ham (cured) Baked Boiled Spiced Virginia Baked	Beef and Veal Browned Beef Stew Beef Stew with Dumplings Meat Balls with Spaghetti Meat Patties Braised Beef Steak Pie Beef Upside Down Pie Spanish Meat Balls Meat Croquettes Meat Turnovers Chop Suey Chili, Mexican Chow Mein Meat Loaf Creamed Beef Creamed Dried Beef Baked Hash Beef Rolls Beef Ragout Meat Pie Beef Shortcake Stuffed Peppers Hungarian Goulash Italian Spaghetti Shepherds Pie Veal à la King Veal Croquettes Veal Pie Veal Patties Veal Soufflé Veal Steer with Vegetables Creamed Veal in Patty Cases Curried Veal with Rice Ragout of Veal Fish Casserole of Rice and Tuna Codfish Balls Creamed Tuna	Chicken and Rice Casserole à la King Creamed Croquettes Cutlets Pie Scalloped Stewed Timbales Turnovers With dumplings With noodles With waffles With biscuits In patty shells Fish Baked in Milk Broiled Steamed à la Creole à la Newburg Frog Legs fried Clams creamed Clams scalloped Clams, fried Crab, à la King Crab deviled Lobster, à la New burg Oysters fried Oysters, scalloped Scallops creamed Scallops fried Scallops and Mush rooms, baked Shrimp Creole Shrimp scalloped Ham Ham Loaf Lamb Loin Chops Pork Spare Ribs with Dressing Veal Fricassee

# MENU PLANNING SUGGESTIONS, LIST I MEATS

## (continued)

DINNER MEATS	LUNCHEON MEATS	LUNCHEON DISHES
Baked Veal Ham, Apricots Ham and Sweet Potato en Casserole Fried Ham	Creamed Salmon Fish Souffle Salmon Croquettes Salmon Loaf Salmon and Potato Chip Casserole Tuna and Noodles	Cheese Rarebit Cheese Balls Cheese Croquettes Cheese Souffle Cheese Fondue Macaroni and Cheese Scalloped Macaroni Creole Spaghetti Baked Rice and Cheese Spanish Rice Rice Croquettes with Cheese Sauce Egg Rice Casserole Chinese Omelet Fried Mush Fried Scrapple Baked Eggs and Bacon Rings Baked Eggs with Cheese Curried Eggs Creamed Eggs Egg Cutlets Hot Stuffed Eggs Eggs à la King Scalloped Eggs and Cheese Plain Omelet Spanish Omelet Fruit Omelet Potato Omelet Hot Potato Salad Vegetable Pie Baked Lima Beans Baked Navy Beans Vegetable Timbales Fried Potatoes with Cheese Spinach Timbales with Poached Egg Mushroom Souffle Spoon Bread with Bacon French Toast Scrambled Egg
Lamb Chops Roast Pork Baked Ham Breaded Pork Tenderloin Pork Chops Pork Chops deviled Pork Chops stuffed Roast Pork Miscellaneous Braised Tongue Liver and Bacon Liver, Braised Liver and Onions Stuffed Baked Heart Mock Drum Sticks Flank Steak stuffed	Ham Creamed Ham Creamed Ham and Celery Ham à la King Ham Croquettes Ham Souffle Ham Timbales Ham and Egg Scallop Lamb Creole Lamb Curried Lamb with Rice Lamb Fricassee with Noodles Lamb Stew Pork Pork and Noodle Ring Pork Pie (biscuit) Pork Pie (pie crust) Sausage Cakes Link Sausage Rolls Sausage and Dressing Rice Sausage and Tomato Sweetbreads Creamed Cutlets à la King Timbales and Ham creamed	

# MENU PLANNING SUGGESTIONS, LIST II VEGETABLES

POTATOES OR SUBSTITUTE	OTHER STARCHY	GREEN
Potatoes Irish	Corn	Apples
Au Gratin	In Cream	Buttered Apple
Baked	Balls or Fritters	Rings
Browned in oven	Creole	Hot Baked
Browned in deep fat	Squaw	Buttered Sections
Buttered	Scalloped	Artichoke
Chips	Pudding	With Butter
Creamed	With Celery and	With Mayonnaise
Croquettes	Bacon	Asparagus
Duchess	With Green Pepper	French Fried
Fried	Rings	Buttered
French Fried	Succotash	With Cream
Hot Potato Salad	Carrots	With Hollandaise
Latticed	Creamed	With Cheese Sauce
Lyonnais	Scalloped	On Toast
Potato Curis	Stuffed	Beans, Green
Potato Cakes	Timbales	Buttered
O'Brien	Molded Ring	With Hollandaise
Potato Omelet	O'Brien	With Cheese
Rissole	Bananas	With Tomato Sauce
Riced	French Fried	With Celery Strips
Scalloped	Baked	Beets
Spanish	Green Peppers	Buttered
Stuffed Baked	Stuffed with Maca- roni	Harvard
Rice	Stuffed with Corn	Harvard with
Buttered	Lima Beans	Raisins
Creamed	Baked	Pickled
Curried	Buttered	Broccoli
Cooked in Broth	Creole	Buttered
With Tomato Sauce	Onions	With Cheese Sauce
Noodles	Creamed	With Hollandaise
Cooked in Broth	French Fried	Brussels Sprouts
Creamed	Stuffed with Crumbs	Buttered
With Tomato Sauce	Stuffed with Baked	With Cheese Sauce
Macaroni	Beans	With Hollandaise
Cooked in Broth	Peas	Cabbage
Creamed	Creamed	Au Gratin
With Tomato Sauce	Scalloped	Buttered
Spaghetti	Squash	Polonaise
Cooked in Broth	Baked	Hot Slav
Creamed	Mashed	Carrots
With Tomato Sauce	French Fried	Glazed
Sweet Potatoes	Baked Stuffed	Mint Glazed
Au Gratin		

### MENU PLANNING SUGGESTIONS, LIST II

#### VEGETABLES (continued)

POTATOES OR SUBSTITUTE	OTHER STARCHY	GREEN
Baked Candied Scalloped Fried Glazed Mashed Sweet Potato and Almond Croquettes	Turnips Creamed Scalloped	German Buttered strips Buttered, rounds Buttered, latticed Cauliflower Au Gratin Buttered Creamed French Fried With Hollandaise

## OTHER GREEN VEGETABLES

Celery	Peas	Squash
Braised	Buttered	Baked
Buttered	With Hollandaise	Baked Half Acorn
Celery-Cabbage	With Diced Celery	with Broiled
Buttered	Served in Rosettes	Tomato
Corn on Cob	Parsnips	Mashed
Cucumbers	Buttered	French Fried
Scalloped	Cooked in Meat	Buttered
French Fried	Broth	Tomato
Egg Plant	Browned	Baked Stuffed
Fried	Pineapple Ring	Broiled with
French Fried	Fried	Hollandaise
Scalloped	Breaded	Creole
Soufflé	Radishes	Croquettes
Kale	Raw	Fresh stewed
Buttered	Buttered	Fried
Mustard Greens	Spinach	Green Tomatoes
With Ham	Buttered	fried
Lettuce	Molded in Ring with	Grilled
Stewed with	Hard Cooked Egg	Scalloped
Spanish Sauce	With Tomato	Tomato and Corn
Wilted		Turnips
Mushrooms		Buttered
Broiled		In Cream
Creamed		Mashed
Fried		
Onions		
Baked		
Buttered		
In Cream		
Stuffed		
With Spanish Sauce		
French Fried		

## MENU PLANNING SUGGESTIONS, LIST III SALADS\*

FRUIT	VEGETABLE	GELATIN	ICES	MAIN DISH
Apple	Asparagus	Apple Nut Gelatin	Apricot	Brown Bean
Balls	Tips with pimiento	Apple-Cheese Gelatin	Banana	Cottage Cheese
Diced	In green pepper ring	layered	Cherry	Cheese Pea Pickle
Julienne	Bean green	Cabbage Celery in	Cider	Chicken-Celery
Sections	Marinated	tomato jelly	Cranb rrv	Chicken Celery Ham
Spiced	In combination	Carrot Pineapple	Currant	Chicken Celery Almonds
Aprico	Beet	Carrot Peas Cabbage	Gooseberry	Chicken Celery Peas
St tied with pineapple	Cups	Cheese	Grapefruit	Chicken Celery Veal
With peas	Pickled	Cherry-Olive	Lemon	Crab
In combination	In combination	Chicken	Lime	Egg
Banana	Broccoli	Cranberry	Mint	stuffed
In combination	With tomato section	Cucumber Pineapple	Orange	with celery
Wedges	Cabbage	Beet	Pineapple	pimiento
Cherries	Shredded	Pickled	Raspberry	green pepper
Stuffed	In combination	In combination	Rhubarb	With tomato
With pear ball	With sugar and vinegar	Fruit Combination	Strawberry	In combination
With peach ball	Carrot	Ginger Ale Fruit	Tomato	Lobster
In combination	Diced raw	Perfection		Macaroni
Cranberry	Strips raw	Prune Orange Sections jellied		Meat
Raw with orange	Rings raw	Spiced Fruit Combination		Potato
With grape and pineapple	Shredded raw	Salmon		Salmon
With applesauce	Cooked and raw	Tomato Aspic Rings		Shrimp
Frozen Fruit	In combination	Tomato-Cheese		Tuna Fish
Fruit combination	Cauliflower	Vegetable Combination		
Grapefruit	Raw with carrots			
Sections	Raw with tomatoes			
In combination	Raw with oranges			
Orange	In combination			
Sections	Celery			
Sliced	Carls			
In combination	Hearts			

Peach Halves In combination Spiced halves Pineapple Slices In combination Prune Spiced Stuffed (See Fruit Salad Suggestions)	Stuffed In combination Celery Cabbage Shredded Corn Relish in cucumber boats Cucumber Cups Sliced Sections In combination Lettuce Head lettuce section Head lettuce slices Shredded lettuce With tomato Peas In combination With cheese and pickles Radish Strips Slices In combination Salad Greens Spinach raw Tomato Sliced Sections Stuffed In combination Turnip Watercress (See Vegetable Salad Combination)
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\* For more detailed salad suggestions see p 192 and p 202  
The ices may be used in place of a salad with the dinner course



## MENU PLANNING SUGGESTIONS, LIST IV GARNISHES

YELLOW-ORANGE	RED	GREEN	WHITE	BROWN-TAN	BLACK AND MISCELLANEOUS
Cheese Balls Grated Strips Piped on with pastry tube Egg Sliced hard-cooked eggs Deviled egg halves Hard-cooked egg sections Hard-cooled egg ar ranged as flowers Riced egg yolk Fruit Apricot halves Apricot sections Cantaloupe balls Grapefruit baskets Lemon sections Lemon slices Orange sections Orange slices Orange rind Peach slices Peach balls	Fruit Cherries Cinnamon apples Cranberries Strawberries Red raspberries Maraschino cherries Watermelon cubes Watermelon balls Preserves and Other Sweets Apple jelly Cranberry glaze Cranberry jelly Cherry jelly Currant jelly Gelatin cubes Loganberry jelly Raspberry jelly Red sugar Turkish paste Vegetables Beets pickled cut in fancy shapes Beet hollowed out to form cup	Fruit Avocado Cherries Green plum Honeydew melon Preserves and Other Sweets Angelica Candied mint leaves Citron Green sugar Gelatin cubes Mint jelly Mint pineapple Mints Turkish paste Vegetables Asparagus tips Broccoli Brussels sprouts Endive Green pepper Strips Chopped Green onions Lettuce cups Lettuce sh added Mint leaves	Fruit Apple rings Apple balls Grapefruit sections Gingered apple White raisins White grapes Pear balls Pear sections Vegetables Cabbage shredded Cauliflowerets Celery-Cabbage flowerets Celery curls Celery hearts Celery strips Cucumber rings Cucumber strips Cucumber wedges Cucumber cups Mashed potato piped on with pastry tube Onion rings Onions tiny Onions pickled	Breads Tiny biscuits Croustades Croustons Cheese straws Fritters tiny Noodle rings Noodle flowers Toast Cubes Pommes Strips Rings Waffled Timbales Waffles Cinnamon French fried caul flower French fried onions Meringue shells Mushrooms Nutmegs Nut-covered cheese balls Potato chips Rosettes	Caviar Chocolate-covered mints Chocolate spritz Chocolate shredded Chocolate sauce Dates raw Dates spiced Dates stuffed Olives ripe Prunes Prunes spiced Pickled walnuts Raisins Truffles Candy silver balls Cake confetti

Peach halves with jelly Spiced peaches Persimmons Tangerines Preserves and Other Sweets Apricot preserves Orange preserves Peach preserves Peanut brittle crushed Sugar yellow Sugar orange Turkish paste Vegetables Carrot shredded Carrot strips Carrot rings Carrot cut in fancy shapes Carrot cubes Carrot spiced Squash strips steamed Squash balls steamed Miscellaneous Butter balls Cocoanut tinted Gelatin cubes Mayonnaise	Beet relish Beets julienne Peppers red Rings Strips Shredded Pimiento Chopped Cut in fancy shapes Radishes red Sliced Roses Stuffed olives Sliced Tomato Aspic Catsup Cups Chili sauce Sections Slice raw Slice broil Miscellaneous Paprika Tinted cocoanut Mayonnaise tinted Cinnamon drops red hot	Olives Parsley Spring Chopped Pickles Burr cherries Strips Fans Rings Spinach leaves Miscellaneous Cocoanut tinted Mayonnaise tinted Pistachios	Ra fishes white Miscellaneous Sliced hard cooked egg white Shredded cocoanut Marshmallows Almonds Mints Small dumplings Whipped cream Rice Powdered sugar White meat of chicken	Toasted cocoanut
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## MENU PLANNING SUGGESTIONS LIST V DESSERTS

CAKE AND COOKIES	PIE AND PASTRY	PUDDINGS	FROZEN	MISCELLANEOUS
<b>Cake</b> Angel Food Applesauce Apricot upside down Banana Burnt Sugar Caramel Caramel Nut Chocolate Angel Food Chocolate Chip Chocolate layer Chocolate loaf Chocolate nut Chocolate roll Cocoanut Coffee Walnut Cup Cakes Fruit Fudge Gingerbread Golden Angel Food Jelly Roll Maple-Nut Marble Marshmallow Mocha Nut Poppyseed Ribbon Spice Sponge White Yellow Cookies Brown ■	One Crust Apricot Cream Banana Cream Butterscotch Caramel Cherry Cream Chocolate Chiffon Cocoanut Cream Cocoanut Custard Custard Date Custard Deep Dish Apple Lemon Fluff Orange Cream Pecan Cream Pineapple Cream Pumpkin Pumpkin Chiffon Squash Strawberry Bavarian Cream Vanilla Cream Vinegar Two Crust Apple Apricot Blackberry Blueberry Cherry Cranberry Gooseberry Grape Loganberry Mince Meat Peach Pineapple	Apple Dumplings Apricot Bavarian Apricot Whip Apple Brown Betty Apple Tapioca Apple Snow Baked Custard Caramel Coffee Chocolate Date Pumpkin Plain Rice Banana Whip Boston Cream Roll Bread Pudding Chocolate Nut Bread Orange Vanilla Caramel Tapioca Cherry Bavarian Cherry Tapioca Chocolate Cream Pudding Christmas Pudding Cornstarch Caramel Chocolate Cocoanut Date	Bisque Almond Pistachio Walnut Ice cream Apricot Banana Butter Brickle Caramel Chip Chocolate Chocolate Coffee Grapenut Lemon Custard Macaroon Peach Peanut Brittle Pecan Peppermint Stick Philadelphia Pineapple Pistachio Prune Raspberry Strawberry Toffee Turn Fruit Ice Apricot Cherry Cranberry Crème de Menthe Gooseberry Grape	Cheese American Camembert Cheddar Cottage Cream Gruyere Roquefort Stilton Swiss Fruit Baked Apples Pears Dutch Baked Apple Fresh Stewed Apples Apricots Blackberry Cherries Dewberries Figs Grapes Loganberries Peaches Pears Pineapple Plums Raspberries Rhubarb Strawberries Stewed or Canned Apples Apricots Blackberries

Broken Ice Box	Plum	Maple Nuts	Green Cage Plum	Blackberries
Butterscotch	Prune	Strawberry	Ginger Ale	Cherries
Chocolate Crunch	Raisin	Vanilla	Lemon	Deberries
Cocoa Nut Cookies	Rhubarb	Cottage	Mint	Figs
Cocoanut Macaroons	Strawberry	Cream Puffs	Orange	Gooseberries
Cornflake Kisses	Cobblers	Dainty Rice Pudding	Rhubarb	Grapes
Date Bars	Apple	Date Pudding	Raspberries	Huckleberries
Drop Cookies	Apricot	Date Roll	Rhubarb	Loganberries
Fudge	Berry	Disunity Pudding	Mousse	Peaches
Molasses	Cherry	Fruit Gelatin	Bisque	Pears
Oatmeal	Gooseberry	Fruit Tapioca	Chocolate	Pineapple
Rocks	Peach	Graham Cracker Betty	Grape	Plum
Ginger	Plum	Graham Cracker Pie	Maple	Prunes
Ki Pie	Rhubarb	Ice Box Cake	Strawberry	Raspberries
Marshmallow	Gelatin	Junket	Parfait	Rhubarb
Ice Cream	Apricot Chiffon	Lemon Snow	Angel	Strawberries
Nut Marbles	Chocolate Cream	Marshmallow Pudding	Apricot	Raw Fruit
Oatmeal Cookies	Chocolate Sundae	Meringue Shells	Bar le Duc	Apples
Peanut Butter	Coffee Chiffon	Norwegian Prune Puddin'	Caramel	Bananas
Plain Cookies	Lemon Chiffon	Oatmeal Bars	Chocolate	Blackberries
(fancy shapes)	Orange Chiffon	Old English Apple Pie	Coffee	Blueberries
	Pumpkin Chiffon	Pineapple Bavarian	Pineapple	Cherries
	Strawberry Chiffon	Prune Whip	Strawberry	Dewberries
	Tarts and Individual Pies	Raspberries Whip	Sherbet	Figs
	Apple	Rice Pudding	Apricot	Grapefruit
	Apricot (fresh)	Shortcake	Cherry	Grapes
	Banbury	Steamed Pudding	Gooseberry	Loganberries
	Blackberry	Zweibach Cheese Cake	Grape	Melon
	Blueberry		Lemon	Cantaloupe
	Cherry		Lime	Casaba
	Lemon		Mint	Honeydew
	Mince Meat		Pineapple	Watermelon
	Orange		Plum	Oranges
	Strawberry		Orange	Peaches
	Transparent Pudding		Raspberries	Pears
			Rhubarb	Pineapple
			Sorbet	Plums
				Prunes
				Strawberries

themselves into the following classifications soups hot dishes, vegetables, salads, beverages, sandwiches, breads, and desserts The following is a suggested list of suitable foods which may be served

### SOUPS

Cream of tomato, cream of spinach cream of potato corn chowder split pea vegetable

### HOT DISHES

Creole spaghetti Spanish rice creamed chipped beef stuffed tomatoes with ham vegetable stew, noodles and stew cottage pie, shepherds pie scalloped salmon macaroni and cheese baked Lima beans scalloped corn and bacon baked beans scalloped potatoes and ham scrambled bacon and eggs macaroni a la king

### VEGETABLES

Peas carrots green and wax beans beets spinach, tomatoes cabbage ■ paragus corn potatoes These various vegetables may be creamed buttered or scalloped to offer variety

### SALADS

*Fruit Salads* Peach pear pineapple orange, and apple apple pineapple and marshmallow Waldorf stuffed prune apple and banana banana and nut apple, grape and banana raisin and carrot raw cranberry combination salad grapefruit

*Vegetable Salads* Sliced tomato head lettuce stuffed celery vegetable combination spring salad stuffed tomato carrot and celery cole slaw cabbage and pineapple asparagus

*Heavy Salads* Kidney bean potato cottage cheese deviled eggs potato and egg salmon

*Gelatin Salads* Perfection jellied Waldorf pineapple carrot jellied fruit jellied vegetable

### SANDWICHES

Cold meat ground meats moistened with salad dressings cottage cheese and nut pimiento cheese lettuce and tomato nut bread chicken salad peanut butter and raisin raisin and date date and nut egg and bacon egg and celery rye bread and jelly prune and cottage cheese peanut butter and cheese

### DESSERTS

*Tapioca* Caramel tapioca tapioca cream tapioca with fruit chocolate  
*Puddings* Dainty rice custard bread divinity caramel blanc mange  
Brown Betty

*Fruit* Fruit ambrosia orange banana coconut combination fruit cup  
stuffed dates baked apples prune souffle raw fruit

*Gelatin* Fruit gelatin fruit whip Bivarians

*Pastry* Washington pie cottage pudding chocolate cup cakes cherry cakes,  
cream puffs cake delight cobblers cookies, jelly roll gingerbread  
upside down cake pastry

#### BEVERAGES

Chocolate and plum milk malted milks cocoa tomato juice fruit juices

West and Wood suggest an eight day cycle of menu planning as an efficient means of securing meals of maximum interest and economy in the school lunch room if the director has but little time to devote to the menu planning. Provision in such a plan should of course be made for the use of seasonal foods for the use of left over foods and for meals for special occasions.

The menus on the following page planned on an eight day cycle, may be found to provide with the desirable changes satisfactory daily menus for a small school lunch.

**College Commons** The college commons presents one of the most interesting but difficult menu making problems of all the types of services included in the simpler meal services. The factors which contribute to the complications are

- 1 Faculty and students are both served from one menu
- 2 The food is usually sold at a low cost
- 3 The food must meet nutritional needs yet also offer variety
- 4 A major part of food preparation may be in hands of inexperienced student help
- 5 There is often an unexpectedly small volume of business and an attendant problem of left overs
- 6 The uncertainty of numbers complicates the food cost control

An eleven day cycle similar to the eight day cycle suggested for the school lunch room might be of value in some situations. However the problem of the use of left overs and the desirability of the inclusion of seasonable foods available on the market lead many directors to plan for periods as brief as one week.

### ED SCHOOL LUNCH ROOM MENUS FOR AN EIGHT-DAY CYCLE\*

[illegible]

## MENUS FOR A COLLEGE COMMONS\*

## MONDAY BREAKFAST

*Week I*

Fruit	Orange Juice
	Cantaloupe
	Pears (Canned)
	Stewed Prunes
Hot Cereal	Wheatena
Prepared Cereal	Assorted
Hot Bread	Blackberry Muffins
Beverages	Coffee Cocoa
Miscellaneous	Bacon
	Eggs
	Jam or Jelly

*Week II*

Orange Juice
Tomato Juice
Grapefruit
Peaches (Canned)
Rolled Oats
Assorted
Cinnamon Rolls
Coffee Cocoa
Bacon
Eggs
Jam or Jelly

## MONDAY LUNCHEON

*Week I*

Hot Bread	Plain Pan Rolls
Soup	Cream of Vegetable
Meat	Roast Veal
	Ham a la King
	Chinese Omelet
Potatoes	Browned Potatoes
Vegetables	Buttered Asparagus
	Glazed Carrots
	Buttered Green Beans
	Egg Plant Soufflé
Salads	Cole Slaw
	Tomato Cucumber
	Pineapple Pickle Gelatin
	Banana Nut
Cake	Angel Food
Pies	Caramel
	Apple
Other	Cherry Tapioca
Desserts	Iced Cantaloupe

*Week II*

Baking Powder Biscuits
Consomme julienne
Cheese Soufflé
Meat Loaf
Baked Ham
Mashed Potatoes
Creamed Fresh Peas and Mush rooms
Buttered Carrots and Celery
Buttered Cauliflower
Fried Egg Plant
Stuffed Apricot
Diced Banana Pineapple Pear
Beet Cucumber Pickles Relish
Cabbage Peanuts and Pimientos
Prune Cake—Sour Cream Filling
Green Gage Plum
Orange Chiffon
Marshmallow Pudding
Berry Cobbler

\* The following items are always available Whole Wheat Bread Cracked Wheat Bread White Bread Cottage Cheese Lettuce Ice Cream Coffee Tea and Milk



MENUS FOR A COLLEGE COMMONS (*continued*)

## MONDAY DINNER

*Week I**Week II*

Hot Bread	Poppyseed Rolls	Graham Muffins
Soup	Barley	Split Pea
Meat	Welsh Rarebit	Lamb Chops
	Beef Pie	Stuffed Flank Steak
	Pork Cutlets	Creole Spaghetti
Potatoes	Mashed Potatoes	Browned Potatoes
Vegetables	Spiced Apple Sauce	Scalloped Cucumbers with Tomatoes Green Pepper and Onions
	Mashed Summer Squash	Wilted Spinach
	Baked Tomato	Buttered Green Beans
	Buttered Cauliflower	Whole Grain Corn
Salads	Carrot Raisin	Sliced Orange—Onion Ring
	Vegetable Combination	Pineapple with Cheese
	Stuffed Pear	Perfection
	Frozen Fruit	Carrot Coconut
Cake	Fudge Cake—Ice Cream Frosting	Yellow Sponge
Pies	Lemon	Peach
	Apricot	Cream
Other	Graham Cracker Brown Betty	Brownies
Desserts	Stewed Figs	Cherry Tapioca
		Pears

## TUESDAY BREAKFAST

*Week I**Week II*

Fruit	Orange Juice	Orange Juice
	Grapefruit	Cantaloupe
	Figs	Prunes
	Stewed Dried Apricots	Pears
Hot Cereal	Rolled Oats	Cream of Wheat
Prepared Cereal	Assorted	Assorted
Hot Bread	Baking Powder Biscuits	Filled Biscuits
Beverages	Coffee Cocoa	Coffee Cocoa
Miscellaneous	Bacon	Bacon
	Eggs	Eggs
	Jam or Jelly	Jam or Jelly



# FOOD FOR FIFTY

## MENUS FOR A COLLEGE COMMONS (continued)

### WEDNESDAY BREAKFAST

	Week I	Week II
Fruit	Orange Juice Bananas Green applesauce Sliced Orange Cream of Wheat Assorted Whole Wheat Muffins Coffee Cocoa Ham Eggs Jam or Jelly	Orange Juice Bananas Grapes fresh Raspberries (canned) Wheat Grits Assorted Pecan Rolls Coffee Cocoa Bacon Eggs Jam or Jelly
Hot Cereal		
Prepared Cereal		
Hot Bread		
Beverages		
Miscellaneous		

### WEDNESDAY LUNCHEON

	Week I	Week II
Hot Bread	All Bran Rolls	Caramel Rolls
Soup	Potato	Vegetable
Meat	Sweetbread Cutlets Country Fried Steak Vegetable Pie Mashed Potatoes Buttered Apple Sections Buttered Cabbage Stewed Tomato and Corn Lima Beans in Cream	Braised Tongue Beef Croquettes Ham and Egg Scallop Mashed Potatoes Green Beans with Hot Vegetable Sauce Harvard Beets Buttered Squash (baked) Cabbage Polynnaise Peas and Tomato Sections Banana Nut Corn Pimiento Celery Pickle Cauliflower Olive Carrot Peas Ribbon Cake
Potatoes	Celery Carrot Strips Spiced Beet Combination Fruit Sliced Pineapple Prune Cake—Sour Cream Filling Custard Plum Divinity Pudding Fresh Bing Cherries	
Vegetables		
Salads		
Cake		
Pie		
Other Desserts		

MENUS FOR A COLLEGE COMMONS (*continued*)

## WEDNESDAY DINNER

*Week I*

Hot Bread	Blackberry Muffins
Soup	Celery
Meat	Pot Roast of Veal
	Beef Patties
	Potato Omelet
Potatoes	Creamed Potatoes
Vegetables	Creamed Asparagus
	Fried Egg Plant
	Stewed Tomatoes
	Scalloped Peas and Onions
Salads	Radishes
	Lettuce Hearts—Thousand Is land Dressing,
	Pineapple Cheese
	Orange and Fig
Cake	White Cake—Nut Frosting
Pie	Chocolate
	Peach
Other	Apricot Bavarian
Desserts	Grapefruit Halves

*Week II*

Nut Bread
Broth with Alphabets
Roast Veal
Chop Suey
Meat Turnovers
Oven Browned Potatoes
Scalloped Egg Plant
Buttered Turnips
Corn and Tomatoes in Cream
German Carrots
Spiced Peach
Grapefruit Green Pepper
Cabbage Salad—Vinegar Dressing
Pineapple Pickle Gelatin
Maple Nut Cake—Mocha Frosting
Loganberry
Angel Lemon
Fig Mousse
Jelly Roll

## THURSDAY BREAKFAST

*Week I*

Fruit	Orange Juice
	Honeydew Melon
	Pears
	Cherries
Hot Cereal	Cracked Wheat
Prepared Cereal	Assorted
Hot Bread	Cinnamon Roll
Beverage	Coffee Cocoa
Miscellaneous	Bacon
	Eggs
	Jam or Jelly

*Week II*

Orange Juice
Oranges and Bananas
Figs
Fresh Pineapple
Hominy Grits
Assorted
Plain Muffins
Coffee Cocoa
Bacon
Eggs
Jam or Jelly

MENUS FOR A COLLEGE COMMONS (*continued*)

## THURSDAY LUNCHEON

*Week I*

Hot Bread	Baking Powder Biscuits
Soup	Asparagus
Meat	Chicken Pie
	Stuffed Peppers
	Casserole of Corn
Potatoes	Mashed Potatoes
Vegetables	Buttered Cauliflower
	Buttered Squash
	Carrots in Cream
	Green Beans with Hot Vegetable Sauce
Salads	Tomato Aspic Ring
	Combination Fresh Vegetable Perfection
	Apple Celery
Cake	Orange Sponge
Pie	Cream
	Raisin
Other	Lemon Snow
Desserts	Watermelon

*Week II*

Spiced Muffins
Rice
Swiss Steak
Veal a la King
Baked Lima Beans with Salt Pork
Steamed and Browned Potatoes
Baked Stuffed Onions
Buttered Peas
Steamed Tomatoes
Wilted Leaf Lettuce
Peas Pineapple Apricots—
Whipped Cream Dressing
Banana Nut
Spiced Beet
Carrot Celery Cucumber and
Green Pepper Strips
White Cake—Caramel Frosting
Gooseberry
Cocoanut Cream
Baked Apple Tapioca
Ice Box Cake
Cherries

## THURSDAY DINNER

*Week I*

Hot Bread	Baked Brown Bread
Soup	Bouillon
Meat	Broiled Tenderloin Tips
	Vegetable Meat Loaf
	Link Sausage Rolls
Potatoes	Scalloped Potatoes
Vegetables	Cabbage Polynaise
	Spinach with Sliced New Beets
	Hot Baked Apple
	Buttered Squash
Salads	Raw Cauliflower Carrot
	Shredded Lettuce with Egg Dressing
	Peach with Whipped Cream Dressing
	Tomato Cucumber Pineapple
Cake	Ribbon Cake—Fluffy Frosting
Pies	Butterscotch
	Raspberry
Other	Dainty Rice Pudding
Desserts	Stewed Prunes

*Week II*

All Bran Ice Box Rolls
Cream of Tomato
Roast Pork
Stuffed Green Peppers
Baked Eggs with Cheese
Creamed Potatoes
Baked Squash
Buttered Shredded Beets
Buttered Cabbage
Black eyed Peas with Bacon
Marshmallow Fruit
Combination Fresh Fruit
Pea Celery and Carrot Mounds
Head Lettuce Roquefort Cheese
Gingerbread
Cherry
Chocolate Chiffon
Blueberry Tarts
Tapioca Cream Pudding
Cantaloupe



# FOOD FOR FIFTY

## MENUS FOR A COLLEGE COMMONS (continued)

### FRIDAY DINNER

#### Week I

Hot Bread	Plain Rolls
Soup	Oyster Stew
Meat	Veal Birds
	Baked White Fish
	Spanish Rice
Potatoes	Mashed Potatoes
Vegetables	Buttered Asparagus
	Harvard Beets
	Creamed Onions
Salads	Buttered Green Beans
	Cauliflower Pea Celery
	Spring Salad
	Orange and Green Pepper
	Pear Banana Pineapple
Cake	Burnt Sugar
Pie	Orange Chiffon
	Apple
Other	Caramel Tapioca
Desserts	Fresh Pineapple Shredded

#### Week II

Plain Rolls
Vermicelli Broth
Fried Ham
Lamb Chops
Salmon Timbales
Scalloped Potatoes
French Fried Bananas
Scalloped Peas
Stewed Tomatoes
Buttered Spinach
Pineapple Celery Almond
Cantaloupe Ring—Melon Balls
Endive and Julienne Beets
Carrot and Asparagus Tips
Orange Cup Cakes
Green Gage Plum
Lemon
Divinity Pudding
Jellied Fruit

### SATURDAY BREAKFAST

#### Week I

Fruit	Orange Juice
	Cantaloupe
	Sliced Pineapple
	Banana
Hot Cereal	Rolled Oats
Prepared Cereal	Assorted
Hot Bread	Raisin Toast
Beverage	Coffee Cocoa
Miscellaneous	Bacon
	Eggs
	Jam or Jelly

#### Week II

Orange Juice
Sliced Peaches
Applesauce
Pineapple
Steamed Rice
Assorted
Doughnuts
Coffee Cocoa
Bacon
Eggs
Jam or Jelly

MENUS FOR A COLLEGE COMMONS (*continued*)

## SATURDAY LUNCHEON

## Week I

## Week II

Hot Bread	Nut Muffins	Cinnamon Rolls
Soup	Split Pea	Chicken
Meat	Baked Heart	Creamed Chicken—Waffles
	Stuffed Meat Cakes	Beef Pie
	Creamed Dried Beef	Egg Cutlets
Potatoes	Hashed Brown Potatoes	Steamed Potatoes
Vegetables	Hot Slaw	Vegetable Timbales
	Buttered Green Beans	Buttered Carrot Strips
	Stewed Tomatoes	Green Pepper stuffed with Spanish Rice
	Vegetable Timbales	Buttered Green Beans
Salads	Asparagus Watercress	Banana and Orange Sections
	Pickled Beets	Molded Cheese Ring with Fruit
	Cheese Gelatin	Turnip Salad
	Apple Nut Gelatin	Stuffed Tomatoes
Cake	Cup Cakes—Fluffy Frosting	White Cake—Fig Filling
Pie	Chocolate Gelatin	Youngberry
	Apricot	Chocolate
Other	Norwegian Prune Pudding	Caramel Tapioca
Desserts	Sliced Oranges	Cream Puffs

## SATURDAY DINNER

## Week I

## Week II

Hot Bread	Oatmeal Biscuits	Biscuits
Soup	Pepper Pot	Navy Bean
Meat	Corned Beef	Spanish Steak
	Meat Pie	Savory Meat Loaf
	Baked Beans	Creamed Dried Beef and Egg
Potatoes	Parsley Buttered Potatoes	Mashed Potatoes
Vegetables	Buttered Shredded Cabbage	Squash (baked) with Tomatoes
	Creamed Asparagus	Creamed Onions with Pimiento
	Buttered Green Beans	Spinach with Hard cooked Egg Slices
	Mashed Squash	Succotash
Salads	Carrot Coconut	Fresh Pineapple—White Grapes
	Pea Pickle Cheese	Apricot
	Stuffed Grape and Olive	Egg Celery
	Sliced Pineapple	Cabbage spice
Cake	Golden Cake—Orange Filling	Ice Box Cookies
Pie	Pecan	Blackberry
		Sour Cream
Other	Jellied Fruit Cup	Chocolate Soufflé
Desserts	Peach Halves	Jelly Roll

**The Residence Hall Menu** The daily menu in the residence hall must be adequate to meet the nutritional needs of the residents. The number to be served is fairly constant so amounts may be care



fully planned resulting in little or no waste. Although there are many halls that still serve a fixed or complete meal three times a day others are finding the use of selective menus for breakfast, or lunch or both, popular and advantageous. In this case the selective menus are simplified cafeteria menus and cafeteria style of service is used for breakfast and lunch, and a more formal type of service for dinner.

### MENU FOR A WOMEN'S RESIDENCE HALL

#### MONDAY BREAKFAST

##### *Week I*

Stewed Rhubarb  
Bacon Rings  
Buttered Toast  
Wheat Krispies  
Coffee or Cocoa

##### *Week II*

Sliced Oranges  
Milk Toast  
Poached Eggs  
Cornflakes  
Coffee or Cocoa

#### MONDAY LUNCHEON

Spanish Rice  
Raw Vegetable Salad  
Bran Muffins  
Banana Whip  
Wafers  
Milk

Baked Lima Beans with Salt Pork  
and Pimiento  
Cole Slaw  
Green Pepper Ring  
Cornmeal Muffins  
Tapioca Cream  
Milk

#### MONDAY DINNER

Roast Leg of Veal  
Browned Potatoes  
Creamed Shredded Cabbage  
Orange Salad  
Angel Food Pie  
Coffee or Milk

Vegetable Meat Loaf  
Scalloped Potatoes  
Spiced Peach  
Buttered Peas  
Whole Wheat Bread  
Date Torte with Whipped Cream  
Coffee or Milk

#### TUESDAY BREAKFAST

Baked Apple and Raisins  
Broiled Link Sausages  
Cinnamon or Plain Toast  
Dwarves  
Coffee or Cocoa

Grapefruit  
Bacon  
Plain Muffins  
Bran Flakes  
Coffee or Cocoa

MENUS FOR A WOMEN'S RESIDENCE HALL (*continued*)

## TUESDAY LUNCHEON

## Week I

Baked Eggs with Cheese  
 Head Lettuce—Parsian Dressing  
 Whole Wheat Rolls  
 Fresh Pineapple  
 Drop Cookies  
 Milk

## Week II

Creamed Dried Beef with Rice  
 Raw Vegetable Salad Bowl  
 Whole Wheat Raisin Bread  
 Chocolate Pie  
 Milk

## TUESDAY DINNER

Braised Liver with Onions  
 Parsley Buttered Potatoes  
 Harvard Beets  
 Stuffed Celery  
 Ice Cream with Oriental Sauce  
 Coffee or Milk

Roast Pork—Gravy  
 Spiced Apple Salad  
 Mashed Potatoes  
 Buttered Wax Beans  
 Frosted Strawberry Short Cake  
 Coffee or Milk

## WEDNESDAY BREAKFAST

Oranges  
 Scrambled Eggs  
 Toast  
 Shredded Wheat Biscuits  
 Coffee or Cocoa

Bananas  
 Doughnuts  
 Krumbles  
 Coffee or Cocoa

## WEDNESDAY LUNCHEON

Tamale Pie  
 Cabbage Slaw  
 Rye Bread  
 Dutch Apple Cake  
 Milk

Meat Croquettes  
 Dill Pickle  
 Creamed Peas  
 Biscuits  
 Pearls Wafers  
 Milk

## WEDNESDAY DINNER

Broiled Ham  
 Breaded Pineapple Slice  
 Scalloped Potatoes  
 Raw Spinach Salad—Chiffonade  
 Dressing  
 Whole Wheat Pan Rolls  
 Lemon Ice Box Cake  
 Coffee or Milk

Braised Beef Tongue  
 Browned Potatoes  
 Fresh Asparagus—Drawn Butter  
 Carrot Salad  
 Plain Rolls  
 Marshmallow Pudding  
 Coffee or Milk

MENUS FOR A WOMEN'S RESIDENCE HALL (*continued*)

## THURSDAY BREAKFAST

*Week I*

Stewed Prunes  
Fried Scrapple  
Puffed Wheat  
Coffee or Cocoa

*Week II*

Tomato Juice  
Bacon  
Toast  
Cream of Wheat with Dates  
Coffee or Cocoa

## THURSDAY LUNCHEON

Rice Croquettes with Cheese Sauce  
Beet and Celery Salad  
Whole Wheat Bread  
Fruit Cup  
Plain Cake  
Milk

Stuffed Egg  
Baked Potatoes  
Philadelphia Relish  
Cucumber Butter Sandwiches  
Blanc Mange with Cream  
Milk

## THURSDAY DINNER

## (Guest Night)

Filet Mignon—Mushrooms  
Stuffed Baked Potatoes  
Buttered New Asparagus  
Chiffonade Salad  
Parkerhouse Rolls  
Blueberry Tarts  
Coffee or Milk

Spanish Steak  
Mashed Potatoes  
Frosted Peas  
Waldorf Salad  
Hot Cinnamon Twists  
Cream Puffs with Ice Cream  
Coffee or Milk

## FRIDAY BREAKFAST

Grape Fruit  
Biscuits  
Scrambled Eggs  
Krumbles  
Coffee or Cocoa

Stewed Dried Apricots  
Muffins  
Jam  
Krispies  
Coffee or Cocoa

## FRIDAY LUNCHEON

Tuna a la King  
Lettuce Salad  
Nut Bread  
Dainty Rice Pudding  
Milk

Cheese Souffle  
French Fried Potatoes  
Raw Spinach Salad  
Cracked Wheat Bread  
Fruit Cup  
Milk

MENUS FOR A WOMEN'S RESIDENCE HALL (*continued*)

## FRIDAY DINNER

*Week I*

Baked Salmon—Lemon  
 Creamed Parsley Potatoes  
 Buttered Peas  
 Emerald Salad  
 Potato Bread  
 Apricot Sherbet  
 Wafers  
 Coffee or Milk

*Week II*

Baked Halibut  
 Mustard Sauce  
 Scalloped Tomatoes  
 Parsley Buttered Potatoes  
 Pineapple Salad  
 Whole Wheat Biscuit  
 Date Pudding  
 Whipped Cream  
 Coffee or Milk

## SATURDAY BREAKFAST

Tomato Juice  
 Creamed Beef on Toast  
 Bran Flakes  
 Coffee or Cocoa

Grapefruit  
 Rolled Oats  
 Pecan Rolls  
 Coffee or Cocoa

## SATURDAY LUNCHEON

Spaghetti and Celery Salad  
 Buttered Carrots  
 Vienna Rolls  
 Peaches  
 Cookies  
 Milk

Potato Omelet  
 Buttered String Beans  
 Radishes  
 Pan Rolls  
 Hot Norwegian Prune Pudding  
 Milk

## SATURDAY DINNER

Saratoga Chops  
 Mashed Potatoes  
 Buttered String Beans  
 Cucumber Salad  
 Ice Box Rolls  
 Currant Jelly  
 Chocolate Cream Cake  
 Coffee or Milk

Beef Stew with Dumplings  
 (Vegetables cooked with Stew  
 Onions Carrots Turnips Potatoes)  
 Cole Slaw with Sour Cream Dressing  
 Hard Rolls  
 Boston Cream Roll  
 Coffee or Milk

## SUNDAY BREAKFAST

Grapefruit  
 Bacon Rolls  
 Jelly  
 Pettijohns  
 Coffee or Cocoa

Combination Fruit Bananas Pine  
 apple Oranges  
 Pancakes  
 Syrup  
 Puffed Wheat  
 Coffee or Cocoa

MENUS FOR A WOMEN'S RESIDENCE HALL (*continued*)

## SUNDAY DINNER

*Week I*

Bouillon with Whipped Cream  
 Rolled Rib Roast  
 Cucumber Slices  
 Mashed Potatoes  
 Brown Gravy  
 Buttered Celery Hearts  
 Grapefruit Section Salad  
 Cloverleaf Rolls  
 Peanut Brittle Fluff  
 Coffee

*Week II*

Pineapple Mint Cocktails  
 Tricasseed Chicken  
 Gravy  
 Rice Timbales  
 Glazed Carrots  
 Olives  
 Head Lettuce with Roquefort Cheese Dressing  
 Parkerhouse Rolls  
 Graham Cracker Pie  
 Coffee

## SUNDAY EVENING MEAL

## Buffet Service

Chicken Salad  
 Waffled Potatoes  
 Bread and Butter Sandwiches  
 Pecan Pie  
 Lemonade

## Picnic Lunch

Cottage Cheese Salad in Cups  
 Meat Sandwiches  
 Celery Hearts  
 Picnic Oranges  
 Chocolate Cup Cakes

## SPECIAL DINNERS FOR RESIDENCE HALLS

*Thanksgiving Dinner*

## Consomme

Roast Ring with Parmesan Cheese Garnish  
 Celery and Olives

Roast Turkey      Brown Rice and Almond Stuffing  
 Giblet Gravy

Brussels Sprouts      Mashed Hubbard Squash  
 Cranberry Ice      Ice Box Rolls

Mince Meat Tarts with Hard Sauce  
 Coffee

*Christmas Dinner*

## Iced Tomato Juice

Roast Duck with Chestnut Stuffing  
 Scalloped Sweet Potatoes and Apples      Broccoli  
 Lettuce Hearts with Roquefort Dressing      Cranberry Jelly  
 All Bran Rolls  
 Celery and Olives

Pumpkin Chiffon Pie      Whipped Cream  
 Coffee

**Tea Room Menus** Menu planning for a tea room has much in common with menu planning for special occasions. Consideration must be given the ten basic points of successful meal planning and, in addition, provision must be made to emphasize some one or more dishes for which the tea room is or may become noted. One tea room always includes in its menus orange rolls, justly popular. Another always includes a favorite salad bowl and a third provides at each luncheon and dinner an opportunity for the guests to have ice cream with a famous chocolate sauce. Repetition of these items leads to heightened satisfaction of the clientele rather than to boredom. Effective use may be made of the featuring of certain foods on certain days as for example chicken and waffles on Monday night and baked beans and cod fish balls on Saturday night. However, the use of features should be restricted so that the menu does not become limited by the routine established. One may go to Ye Rocking Horse Inn some one night each week happy in knowing what the menu will be. Such satisfaction passes if a definitely known menu is established and maintained for each night of the week.

In general tea room prices are higher than those charged in cafeterias and cafés. This difference in price cannot be regarded as an increase in profit margin as the guests usually demand highly palatable food, an atmosphere of charm and interest and daintiness and attractiveness in the service. Usually the menu offered on any one day is restricted to a limited number of choices, often in two or more price levels, but it is expected that the menu will vary markedly from day to day so that interest may be maintained.

The following menus have been successfully used in one small tea room. In the spring and fall respectively they show the differences in dishes characterizing menus popular in certain seasons as well as the differences made in any one day in menus, one of which is offered at a cost fifty per cent greater than the other. In these lists the more expensive dinners appear in Menu No. I, the less expensive in Menu No. II.

FOOD FOR FIFTY  
TEA ROOM MENUS FOR SPRINGTIME

MENU NO 1

*Monday (May Day)*

Broiled Minute Steaks  
French Fried Potatoes      Grilled Tomatoes  
Iceberg Lettuce      Chiffonade Dressing  
Butter Buns  
Meringue Shell Baskets with Ice Cream  
(Tiny Colored Candies)  
or  
Hot Chocolate Sundae  
Beverage

*Tuesday*

Chicken Turnovers  
Creamed New Potatoes      Pickled Peach  
Buttered Carrots  
Spring Salad      French Dressing  
Honey Bran Muffins  
Rhubarb Sauce      Cookies  
or  
Chocolate Sundae  
Beverage

*Wednesday*

Baked Ham      Mustard Sauce  
Scalloped Potatoes      Buttered Broccoli  
Filled Cucumber Salad      Cream Dressing  
Baking Powder Biscuits  
Fresh Strawberry Bavarian Cream Pie  
or  
Hot Chocolate Sundae  
Beverage

*Thursday*

Broiled Lamb Chops      Kentucky Lamb Sauce  
Franconia Potatoes      Buttered Fresh Peas  
Spiced Fruit Salad  
Poppysced Rolls  
Green Apple Pie  
or  
Hot Chocolate Sundae  
Beverage

TEA ROOM MENUS FOR SPRINGTIME (*continued*)*Friday*

Baked Fish Fillets      Piquante Sauce  
 Lemon Parsley Buttered Potatoes      Fresh Asparagus  
 Julienne Vegetable Salad      French Dressing  
 All Bran Twin Rolls  
 Chilled Fresh Fruit Cup  
 or  
 Hot Chocolate Sundae  
 Beverage

## MENU NO II

*Monday (May Day)*

Ham and Egg Scallop  
 Baby Lima Beans      Raw Carrot Strips  
 Pineapple Celery Salad  
 Plain Rolls  
 Washington Cream Pie  
 Beverage

*Tuesday*

Cheese Souffle      Bechamel Sauce  
 Buttered Fresh Spinach      Apple Ring Garnish  
 Perfection Salad  
 Blueberry Muffins      Preserves  
 Cherry Pie  
 Beverage

*Wednesday*

Egg and Mushroom Casserole  
 Buttered New Asparagus      German Carrots  
 Romaine Salad      French Dressing  
 Baking Powder Biscuits  
 Chilled Fruit Cup  
 Beverage

*Thursday*

Assorted Cold Meat      Spiced Apricot Garnish  
 Creamed New Potatoes  
 Combination Vegetable Salad  
 Poppyseed Rolls  
 Caramel Tapioca      Whipped Cream  
 Beverage



TEA ROOM MENUS FOR SPRINGTIME (*continued*)*Friday*

Salmon and Potato Chip Casserole  
 Buttered Green Beans      Watermelon Pickles  
 Citrus Fruit Salad  
 All Bran Twin Rolls  
 Strawberries      Cookies      /  
 Beverage

## TEA ROOM MENUS FOR FALL

## MENU NO. I

*Monday*

Stuffed Pork Chops  
 Sweet Potatoes and Apples en Casserole  
 Buttered Cauliflower  
 Lettuce Hearts      Thousand Island Dressing  
 Orange Rolls  
 Frozen Fruit Dessert      Wafers  
 or  
 Hot Chocolate Sundae  
 Beverage

*Tuesday*

Broiled Steak      Celery Curis  
 Whole Grain Corn      Baked Tomato  
 Grapefruit Section Salad      French Dressing  
 Cinnamon Rolls  
 Ice Box Cake  
 or  
 Hot Chocolate Sundae  
 Beverage

*Wednesday*

Breaded Veal Cutlets      Orange Garnish  
 Parsley Buttered Potatoes      Stuffed Baked Onion  
 Frozen Fruit Salad  
 Butterhorn Rolls  
 Poppyseed Cake  
 or  
 Hot Chocolate Sundae  
 Beverage

TEA ROOM MENUS FOR FALL (*continued*)*Thursday*

Fried Chicken      Spiced Apricot

Mashed Potatoes      Gravy

Buttered Broccoli

Lime Ice

Baking Powder Biscuits      Jam

Cream Puffs

or

Hot Chocolate Sundae

Beverage

*Friday*

Broiled Fish      Lemon Sauce

Creamed Potatoes      Buttered New Peas

Stuffed Spiced Peach Salad      Mayonnaise

Orange Rolls

Cranberry Shortcake

or

Hot Chocolate Sundae

Beverage

## MENU NO II

*Monday*

Stuffed Green Peppers      Creamed Potato

Tomato Aspic Ring Salad with Cole Slaw

Plain Rolls

Oranges      Soft Custard Sauce

Beverage

*Tuesday*

Beef Stew      Curried Rice

Beet Relish

Shredded Lettuce Salad

Raised Muffins

Apricot Whip

Beverage

*Wednesday*

Rice Croquettes with Cheese Sauce

Tomato Section Salad      Fresh Buttered Peas

All Bran Rolls

Baked Custard

Beverage

## FOOD FOR FIFTY

TEA ROOM MENUS FOR SPRINGTIME (*continued*)*Friday*

Salmon and Potato Chip Casserole  
 Buttered Green Beans      Watermelon Pickles  
 Citrus Fruit Salad  
 All Bran Twin Rolls  
 Strawberries      Cookies  
 Beverage

## TEA ROOM MENUS FOR FALL

## MENU NO. 1

*Monday*

Stuffed Pork Chops  
 Sweet Potatoes and Apples en Casserole  
 Buttered Cauliflower  
 Lettuce Hearts      Thousand Island Dressing  
 Orange Rolls  
 Frozen Fruit Dessert      Wafers  
 or  
 Hot Chocolate Sundae  
 Beverage

*Tuesday*

Broiled Steak      Celery Curls  
 Whole Grain Corn      Baked Tomato  
 Grapefruit Section Salad      French Dressing  
 Cinnamon Rolls  
 Ice Box Cake  
 or  
 Hot Chocolate Sundae  
 Beverage

*Wednesday*

Breaded Veal Cutlets      Orange Garnish  
 Parsley Buttered Potatoes      Stuffed Baked Onion  
 Frozen Fruit Salad  
 Butterhorn Rolls  
 Poppyseed Cake  
 or  
 Hot Chocolate Sundae  
 Beverage

TEA ROOM MENUS FOR FALL (*continued*)

*Thursday*

Fried Chicken      Spiced Apricot  
Mashed Potatoes      Gravy  
Buttered Broccoli  
Lime Ice  
Baking Powder Biscuits      Jam  
Cream Puffs  
or  
Hot Chocolate Sundae  
Beverage

*Friday*

Broiled Fish      Lemon Sauce  
Creamed Potatoes      Buttered New Peas  
Stuffed Spiced Peach Salad      Mayonnaise  
Orange Rolls  
Cranberry Shortcake  
or  
Hot Chocolate Sundae  
Beverage

MENU NO II

*Monday*

Stuffed Green Peppers      Creamed Potato  
Tomato Aspic Ring Salad with Cole Slaw  
Plain Rolls  
Oranges      Soft Custard Sauce  
Beverage

*Tuesday*

Beef Stew      Curried Rice  
Beet Relish  
Shredded Lettuce Salad  
Raised Muffins  
Apricot Whip  
Beverage

*Wednesday*

Rice Croquettes with Cheese Sauce  
Tomato Section Salad      Fresh Buttered Peas  
All Bran Rolls  
Baked Custard  
Beverage

## FOOD FOR FIFTY

TEA ROOM MENUS FOR SPRINGTIME (*continued*)*Friday*

Salmon and Potato Chip Casserole  
 Buttered Green Beans      Watermelon Pickles  
 Citrus Fruit Salad  
 All Bran Twin Rolls  
 Strawberries      Cookies  
 Beverage

## TEA ROOM MENUS FOR FALL

## MENU NO. 1

*Monday*

Stuffed Pork Chops  
 Sweet Potatoes and Apples en Casserole  
 Buttered Cauliflower  
 Lettuce Hearts      Thousand Island Dressing  
 Orange Rolls  
 Frozen Fruit Dessert      Wafers  
 or  
 Hot Chocolate Sundae  
 Beverage

*Tuesday*

Broiled Steak      Celery Curls  
 Whole Grain Corn      Baked Tomato  
 Grapefruit Section Salad      French Dressing  
 Cinnamon Rolls  
 Ice Box Cake  
 or  
 Hot Chocolate Sundae  
 Beverage

*Wednesday*

Breaded Veal Cutlets      Orange Garnish  
 Parsley Buttered Potatoes      Stuffed Baked Onion  
 Frozen Fruit Salad  
 Butterhorn Rolls  
 Poppyseed Cake  
 or  
 Hot Chocolate Sundae  
 Beverage

TEA ROOM MENUS FOR FALL (*continued*)*Thursday*

Fried Chicken      Spiced Apricot

Mashed Potatoes      Gravy

Buttered Broccoli

Lime Ice

Baking Powder Biscuits      Jam

Cream Puffs

or

Hot Chocolate Sundae

Beverage

*Friday*

Broiled Fish      Lemon Sauce

Creamed Potatoes      Buttered New Peas

Stuffed Spiced Peach Salad      Mayonnaise

Orange Rolls

Cranberry Shortcake

or

Hot Chocolate Sundae

Beverage

## MENU NO II

*Monday*

Stuffed Green Peppers      Creamed Potato

Tomato Aspic Ring Salad with Cole Slaw

Plain Rolls

Oranges      Soft Custard Sauce

Beverage

*Tuesday*

Beef Stew      Curried Rice

Beet Relish

Shredded Lettuce Salad

Raised Muffins

Apricot Whip

Beverage

*Wednesday*

Rice Croquettes with Cheese Sauce

Tomato Section Salad      Fresh Buttered Peas

All Bran Rolls

Baked Custard

Beverage

TEA ROOM MENUS FOR SPRINGTIME (*continued*)*Friday*

Salmon and Potato Chip Casserole  
 Buttered Green Beans      Watermelon Pickles  
 Citrus Fruit Salad  
 All Bran Twin Rolls  
 Strawberries      Cookies  
 Beverage

## TEA ROOM MENUS FOR FALL

## MENU NO. I

*Monday*

Stuffed Pork Chops  
 Sweet Potatoes and Apples en Casserole  
 Buttered Cauliflower  
 Lettuce Hearts      Thousand Island Dressing  
 Orange Rolls  
 Frozen Fruit Dessert      Wafers  
 or  
 Hot Chocolate Sundae  
 Beverage

*Tuesday*

Broiled Steak      Celery Curls  
 Whole Grain Corn      Baked Tomato  
 Grapefruit Section Salad      French Dressing  
 Cinnamon Rolls  
 Ice Box Cake  
 or  
 Hot Chocolate Sundae  
 Beverage

*Wednesday*

Breaded Veal Cutlets      Orange Garnish  
 Parsley Buttered Potatoes      Stuffed Baked Onion  
 Frozen Fruit Salad  
 Butterhorn Rolls  
 Poppyseed Cake  
 or  
 Hot Chocolate Sundae  
 Beverage

weighed or carefully calculated and will not be considered in this book.

Hospital dietaries may be classified as

1 Regular general or house These menus are for doctors' nurses' and other patients. They include a wide range of foods with a few restrictions for patients.

2 Light or convalescent This diet is given before the patient is ready for general diet. It must be easily digested, high in protein and nutritive value.

3 Soft The soft diet is given before the patient may be given a light diet. Restrictions are made for surgical and medical cases.

4 Liquid A liquid diet may be adapted for either a medical or surgical case.

The following general classification of hospital diets is often used; however, the limitations vary with the hospital.

GENERAL	LIGHT	SOFT	MEDICAL LIQUID	SURGICAL LIQUID
Any well prepared food that is easily digested	Any food allowed on soft diet plus chicken, broiled lamb or steak, potatoes, vegetables	Any medical liquid plus cooked cereals, puddings, most strained vegetables, baked potatoes, custards, rice, ice cream, toast, egg, cooked fruit	Milk in any form, cream, broth, milk, soup, strained gruel, eggs, beaten, malted milk, fruit juice, tea, coffee, sugar, gelatin, junket, custard (some times)	Clear broth, tea, coffee, gelatin, fruit juice (no milk products)

**Special Occasions** The planning, preparing and serving of meals for special occasions is usually an important part of the program of all institutional management departments in colleges, public schools and commercial food units. The hospital, too, being a temporary home for large groups of people, must meet the problem of providing festive meals for the holiday tide as well as that of providing special meals for various other occasions.

The following menus have been formulated and successfully used for special occasions in one institution. The ten points cited as basic to all menu planning would have to be given consideration before these menus could be used successfully in another institution.



TEA ROOM MENUS FOR FALL (*continued*)*Thursday*

French Fried Deviled Eggs	Raw Carrot Strips
Scalloped Cabbage	
Apple Salad	
Baking Powder Biscuits	Jam
Pumpkin Pie	
Beverage	

*Friday*

Creamed Tuna Fish in Noodle Ring	
Buttered Beets	
Shredded Spinach Salad	Chiffonade Dressing
Plain Rolls	
Fudge Cake	
Beverage	

**Menus for Children's Homes and Other Philanthropic Institutions** The characteristic problem of the menu planning for an institution of this type is that food needs of the group often must be met at a per capita cost at or below what has been termed the irreducible minimum. The group is served three meals a day. The low cost foods commonly used tend to fall in a monotonous pattern unless the greatest care is taken to introduce variety and interest in every possible way. The wise use of the cycle method of planning greatly lessens the heavy load of menu planning under the trying conditions often imposed on the director of food services of these institutions. The type of food is the same as that included in the school lunch room menus. Care must be taken to include milk, fresh fruits, and vegetables in various forms to meet the needs of the growing children.

**The Hospital Menu** The hospital menu or menus must be planned according to basic principles with food selected so as to meet the needs of its patients, staff members, and employees.

Special food preparation will be reduced to a minimum if the general or house diet is well planned. All hospital diets are normal diets that have been changed in consistency (liquid, soft or light), energy value (high or low calories), or ratio of food nutrients (low carbohydrates, protein or high iron). The diets with a modified ratio of constituents are the therapeutic diets. They are either

weighed or carefully calculated and will not be considered in this book.

Hospital dietaries may be classified as

1 Regular general or house These menus are for doctors' nurses' and a few patients. They include a wide range of foods with a few restrictions for patients.

2 Light or convalescent This diet is given before the patient is ready for a general diet. It must be easily digested, high in protein and nutritive value.

3 Soft The soft diet is given before the patient may be given a light diet. Restrictions are made for surgical and medical cases.

4 Liquid A liquid diet may be adapted for either a medical or surgical case.

The following general classification of hospital diets is often used. However, the limitations vary with the hospital.

GENERAL	LIGHT	SOFT	MEDICAL LIQUID	SURGICAL LIQUID
Any well prepared food that is easily digested	Any food allowed on soft diet plus chicken, broiled lamb or steak, potatoes, vegetables.	Any medical liquid plus cooked cereals, puddings, most strained vegetables, baked potatoes, custards, rice, ice cream, toast, egg, cooked fruit.	Milk in any form, cream, broth, milk, soup, strained gruel, eggs, beaten, malted milk, fruit juice, tea, coffee, sugar, gelatin, junker, custard (some times).	Clear broth, tea, coffee, gelatin, fruit juice (no milk products).

**Special Occasions** The planning, preparing and serving of meals for special occasions is usually an important part of the program of all institutional management departments in colleges, public schools and commercial food units. The hospital, too, being a temporary home for large groups of people, must meet the problem of providing festive meals for the holiday tide as well as that of providing special meals for various other occasions.

The following menus have been formulated and successfully used for special occasions in one institution. The ten points cited as basic to all menu planning would have to be given consideration before these menus could be used successfully in another institution.

**American Association of University Women**

Assorted Canapes  
 Fried Spring Chicken  
 Browned New Potatoes      Asparagus Tips with Hollandaise Sauce  
 Creole Baked Tomato  
 Rhubarb Ice  
 Ice Box Rolls      Butter  
 Spring Salad      Salted Wafers  
 Frosted Strawberry Meringue  
 Coffee  
 Nuts      Mints

**Mother Daughter Luncheon**

Chilled Fruit Juice  
 Jellied Chicken Loaf  
 Shoe String Potatoes      Stuffed Tomato Salad  
 Hot Finger Rolls      Butter  
 Apricot Bavarian Cream  
 Coffee

**Business and Professional Women's Luncheon**

Bouillon  
 Creamed Ham with Mushrooms  
     on Toast Points  
 French Fried Egg Plant      Broiled Stuffed Tomato (small)  
     Celery Strips  
 Muffins      Butter  
 Graham Cracker Pie

**School Board Dinner**

Hot Tomato Juice      Cheese Puffs  
     Veal Birds  
 Browned Potatoes      Buttered Latticed Carrots  
     Jellied Vegetable Salad  
 Whole Wheat Rolls      Butter  
 Fudge Cake a la Mode

**Civic Club Luncheon**

Baked Virginia Ham      Mustard Sauce  
 Sweet Potato Croquettes      Buttered Green Beans  
     Cabbage Pineapple Salad  
     Parkerhouse Rolls  
 Pumpkin Pie with Whipped Cream  
     Coffee

**Women s Panhellenic Luncheon**

    Lime Ice Cocktail  
     Chicken Turnovers      Bechamel Sauce  
 New Potatoes Persillade      New Pears in Drawn Butter  
     Pickled Peach  
 Cucumber Pineapple and Almond Salad  
     Dinner Rolls  
 Ice Box Cake with Whipped Cream  
     Coffee

**High School Literary Club**

    Country Fried Steak      Gravy  
 Oven browned Potatoes      Buttered Green Beans with Pimiento Strip  
     Apple and Celery Salad  
     Pan Rolls  
     Lemon Chiffon Pie  
     Coffee

**Junior Senior High School Banquet**

    Grape Juice Cocktail  
 Breaded Veal Cutlets with Orange and Celery Garnish  
     Creamed New Potatoes with Parsley  
     Buttered Fresh Asparagus  
 Head Lettuce      Thousand Island Dressing  
     Hard Rolls      Butter  
 Special Brick Ice Cream      White Cake  
     Coffee

## FOOD FOR FIFTY

## Alumni Luncheon

Grapefruit Orange and Avocado Salad Cheese Straws  
 Scalloped Chicken Gravy  
 Shoe String Potatoes Buttered Peas  
 Celery Olives  
 Apricot Ice  
 Cloverleaf Rolls Butter  
 Individual Cherry Pie

## Founders' Day Dinner

Mint Cocktail  
 Mock Drum Sticks with Mushrooms  
 Browned New Potatoes Cauliflower with Cheese Sauce  
 Head Lettuce Chiffonade Dressing  
 Finger Rolls Currant Jelly  
 Fresh Strawberry Sundae  
 Coffee

## Faculty Club Dinner

Orange Cup  
 Roast Lamb Kentucky Lamb Sauce  
 Parsley Buttered Potatoes Julienne Carrots with Peas  
 Combination Vegetable Salad  
 Celery Olives  
 Cloverleaf Rolls  
 Pecan Ice Cream Balls with Caramel Sauce  
 Coffee

## *PART IV*

### **SERVING MEALS FOR SPECIAL OCCASIONS**

Wherever or whatever the occasion for which a special meal is planned there must be a temporary organization which differs in many ways from that established for the usual routine of daily food preparation. For many, the organization and administration of these unusual meals are tasks to be dreaded and if possible to be avoided. This attitude is often common among persons without institutional training, although it is not infrequently found among trained food directors whose busy lives seem completely occupied with necessary daily tasks.

Suggestions for the organization and administration of a typical simple meal for 50 such as might be prepared by a high school class are offered here as an aid for inexperienced teachers and others who are untrained in the institutional field. As will be readily seen the plan can be adjusted to meet changes in the menu or in the number served. These suggestions may be helpful also to the food director in a college commons or residence hall who must assume the responsibility of special meal service in addition to an already full schedule. Here the problem is somewhat different in that the preparation at least is usually assigned to experienced workers. However, a temporary organization must be set up for the unusual task. Usually untrained students are employed as waiters or waitresses. In many situations the employment of college men as waiters is the custom.

The responsibilities of the manager in charge of a special meal are as follows:

- 1 Plan the menu and other details with representative of organization to be served
- 2 Determine quantity, quality, and cost of food to be purchased
- 3 Make plans for preparation of the food
- 4 Make plans for serving of the food
- 5 Supervise the preparation and serving of the food

## BANQUETS

### PRELIMINARY PROCEDURES

**Menus** It is desirable that the food director, or the person acting as manager for the special meal, confer with an authorized representative of the group to be served to work out the details of the plan for the special meal. Such a conference provides not only the basic facts essential to menu planning as the number to be served, the price per service, and the date and time of service, but also information concerning the type of menu preferred and any items particularly desired.

Duplicate copies of the menu plans should be signed and kept by the representative of the organization and the food director. This confirms the agreement and may prevent a misunderstanding of details and avoid last minute changes, so often made by the thoughtless host or hostess.

The recording of menu plans may be satisfactorily done on such a blank as the following

## CLARK HIGH SCHOOL

Date to be served	<i>Nov 17</i>	Menu
Dining Room	<i>East</i>	<i>Succs Steak</i>
Time	<i>6 P M</i>	<i>Scalloped Potatoes (pimento)</i>
Organization	<i>Artistic Club</i>	<i>Buttered Peas</i>
Plates estimated	<i>30</i>	<i>Olives Celery</i>
Plates guaranteed	<i>45</i>	<i>Granberry Salad</i>
Price per plate	<i>30¢</i>	<i>Ice Box Rolls</i>
Number served		<i>Hot Chocolate Sundae</i>
Amount paid		
Cash		
Charge		

Representative of Organization J B Arnold Signed M Bryant

Representative of Institution H Barber Manager

Remarks

**Quantity and Cost** The next step after the menu has been planned is to determine the kind and amount of food to purchase and prepare. The amount to prepare will depend largely upon the group to be served, the method of preparation, the form of service and the experience of the servers.



# FOOD FOR FIFTY

## QUANTITIES OF FOOD

MENU	MATERIALS	AMOUNT	UNIT COST	TOTAL COST
Swiss Steak	Round of beef Fat Flour Salt Onion	12 lb 1 lb 2 c 4 T 1		
Scalloped Potatoes with Pimiento	Potatoes White Sauce Salt Butter Bread crumbs Pimiento	15 lb 4 qt 2 T 4 T 6 oz 1 No 1 can		
Buttered Peas	Peas Butter	8 No 2 cans or 2 No 10 cans 1 lb		
Celery Olives Butter (for table) Rolls	Celery Olives Butter Rolls	3 bunches 2 qt 1 1/2 lb 10 doz		
Cranberry Salad	Cranberries Sugar Jonathan apples Oranges	4 lb 3 lb 6 lb 4 (No 150)		
Mayonnaise	Salad oil Eggs whole Paprika Cayenne Mustard Vinegar Cream 40 per cent	1 qt 1 1/4 c f g 1 T 2 T 1 pt		
Chocolate Sundae	Ice Cream Butter Powdered sugar Chocolate Evaporated milk	2 gal 1 lb 6 c 1 lb 1 c		

**Food Preparation** The following summary work sheet is adequate for the direction of personnel if the food is largely prepared by regular cooks and the other employees are familiar with the routine and practices involved. This work sheet should be posted in the kitchen at least 2 days before the banquet is to be served. A time interval of 2 days permits familiarity with the details by all concerned.

### SUMMARY WORK SHEET

Preparation			
Swiss Steak			Cook
Scalloped Potatoes with Pimiento			Cook
Buttered Peas			Cook
Ice Box Rolls			Pastry Cook
Chocolate Sauce			Pastry Cook
Cranberry Relish Salad			Salad Maid
Celery Curls			Salad Maid
Mayonnaise			Salad Maid
Cut Butter			Ellen
Send up dishes	3 3 P M		Paul
Arrange tables			John
Set up tables	4 30 P M		Eloise Irma
Food porter			John
Set up salads and relish dishes	5 30 P M		Eloise Irma
Serve plates	6 P M		
Meat		Eloise	Heat rolls
Potatoes		Irma	Pass rolls
Peas		Ellen	
Check plates		Miss Mayer	
Waitresses	5 45 P M		
		Edna	
		Blanche	
		Mary	
		Ann	
Clear and stack dishes			
(in kitchen)		Eloise	Dish desserts
		Alice	
		Irma	Ellen
			John
Clean kitchen and dining room after banquet			John

The following detailed work schedule for the organization of a high school banquet has been worked out in order to serve as an example for those unfamiliar with banquet organization and who must work with inexperienced helpers.

## DETAILED WORK SCHEDULE

Organization Athletic ClubNumber to be served 50Date November 15Price per place 50¢Time 6 P M

## MENU

Swiss Steak  
 Scalloped Potatoes with Pimiento      Buttered Peas  
    Olives     Celery Curis  
    Cranberry Salad  
    Ice Box Rolls  
 Vanilla Ice Cream     Hot Chocolate Sauce

## PREPARATION

WORK	AMOUNT	TIME	CLASS GIRL
Make raw cranberry and orange salad	1 x recipe	Day before	
Make ice box roll dough	1 x recipe	Day before	
Make mayonnaise	1 qt	Day before	
Make hot chocolate sauce	1 x recipe	Day before	
Peel potatoes and slice	12 lb (E P)	Before 3 P M	
Prepare white sauce No. 1	1 gal	3 00 P M	
and scalloped potatoes	1 x recipe		
Light 2 ovens	350 F	3 15	
Pound flour into steak and cut into servings	14 to 16 lb	3 15	
Brown steak			
Shape rolls and place in pans	10 doz	3 30	
Wash lettuce for salad and crisp if necessary	5 heads		
Prepare celery curls and place in ice water	3 bunches		
Measure out olives place in refrigerator	2 qt		
Count dishes	See dish list		
Fold napkins	See dish list		
Fill salts peppers and sugars	See dish list		
Put potatoes in oven to cook		3-45	
Put steak in oven to cook		3 55	
Set tables (2 workers)	50 places	4 30	
Cut butter and place in refrigerator	1 1/2 lb	4 30	
Prepare ice water	5 gal	4 45	
Whip cream and mix with mayonnaise	1 c	5 00	
	1 qt		

## PREPARATION (Continued)

WORK	AMOUNT	TIME	CLASS GIRL
Put rolls in warm place if necessary to rise		\$ 00	
Set up salads and place	50	\$ 30	
Heat chocolate sauce	1 x recipe	\$ 00	
Open peas heat and season	2 No 10 or 8 No 2 cans	\$ 30	
Bake rolls		\$ 40	
Pour ice water		\$ 45	
Place relishes and butter on table		\$ 45	
Assemble serving utensils	See dish list	\$ 45	
Place food in serving counters		\$ 55	

**Serving the Food** A list including the amount and kind of linen, dishes, silver, glassware, and serving utensils should be made by the manager and given to the person responsible for the assembling of these, at least one day before they are to be used

### DISH LIST—ATHLETIC CLUB BANQUET

NAME	NUMBER	SIZE
<b>China</b>		
Service plates	50	6 in
Dinner plates	54	9 in
Salad plates	50	6 in
Bread and butter plates	50	5 in
Dessert plates	50	6 in
Cups	—	
Saucers	—	
Relish dishes	6 to 8	Oval
<b>Glassware</b>		
Water glasses	50	
Stemmed sherbets	50	
Sugar bowls	6 to 8	
Creamers	6 to 8	
Salts and peppers	6 to 8	
Water pitchers	4	
<b>Linen</b>		
Table cloths	—	
Napkins	54	
<b>Silverware</b>		
Knives	50	
Forks	54	
Teaspoons	58	
Extra silver on trays	10 each	
<b>Miscellaneous</b>		
Serving fork	1	
Turner	1	
Large slotted spoons	2	
Soup spoons	2	
No 16 dipper	1	
No 12 dipper	1	
Hot pan holders	2	
Dish towels	2	

Preparation of the Dining Room Class girls or employees assisting with the food service should be given definite instructions

A mimeographed sheet of personal qualifications and detailed procedures should be given to everyone new on a job

The first step toward the service of a meal is the preparation of the room. It should be thoroughly cleaned, lighted, ventilated, and the temperature should be regulated, if possible. The tables and chairs must be placed so there will be adequate space for serving after the guests are seated. Usually serving stands, conveniently placed, make service faster. Such provision is especially important when the distance to the kitchen is great.

**Arrangement of the Table**<sup>1</sup> In order that the food may be properly served, great care must be taken to follow certain accepted rules for table setting. The physical set up, help available, or other conditions may demand some deviation from the rules given. However, there is often more than one right way.

1 *Silence cloth* Lay the silence cloth, which is usually of felt or of quilted or double faced cotton material made for this purpose. It should have a drop of about three inches. Fit it over the table tightly. The corners may be folded, if the table is square, and pinned or tied tightly beneath the table. The silence cloth serves three purposes: it prevents noise, protects the table, and improves the appearance of the table cloth.

2 *Table cloth* Lay the table cloth, unfolding it carefully on the table to avoid creases. Place the cloth upon the table so that the center lengthwise fold comes exactly in the middle of the table and the four corners are an equal distance from the floor. The cloth should extend over the table top at least a quarter of a yard at each end. The table cloth should be ironed with one lengthwise fold down the center, the cloth opened up, and each side folded to the center crease to make 3 lengthwise creases. Because of its length, it is usually necessary to fold institutional linen crosswise to facilitate handling and storage.

3 *Table covers, runners, centerpieces, and doilies* Lace covers and embroidered linen cloths are often used for formal luncheons. Table runners, or a centerpiece and doilies, are suitable for use at breakfast.

<sup>1</sup> Adapted from Department of Food Economics and Nutrition, Practical Cookery and the Etiquette and Service of the Table, Kansas State College, Department of Printing, 1939.

and luncheon Paper doilies are often used in institutions where the linen doilies are not a part of the table appointments Rectangular doilies may be sufficiently large that a single one will provide protection for the entire cover If the doilies are small, however, it is necessary to have enough of them, of assorted sizes, to put under glasses cups and saucers, bread and butter plates, and dishes containing food In many institutions polished wood, lacquered, glass, or attractive composition table tops are used so the cover may be laid without cloth or doilies

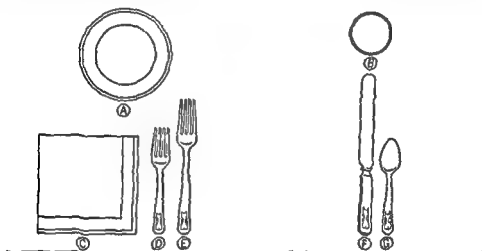


FIG. 111.—A cover for a simple meal

- a bread and butter
- b water glass
- c napkin
- d salad fork

- e fork
- f knife
- g spoon

4 *The cover* The plate, silver glasses and napkin to be used by each person are called a cover Consider twenty inches of table space as the smallest permissible allowance for each cover Twenty five or thirty inches is better Arrange covers as symmetrically as possible Place all silver and dishes required for one cover as close together as possible without crowding, for the appearance of the table is much improved if the covers are compactly laid

5 *Silver* Place the silver about one inch from, and at right angles to the edge of the table If the table is round only the outside pieces can be thus arranged Place knives forks, and spoons in the order of their use, those first used on the outside with the possible exception of the dinner knife and fork which may be placed immediately to the

right and left of the plate, thus marking its position. Some prefer to place the salad or dessert fork next to the plate as the menu dictates.

Place the knives at the right of the plate with the cutting edge turned inward. If the menu requires no knife omit it from the cover. Place the spoons, bowls up, at the right of the knives. Place the forks, tines up, at the left of the plate. The oyster and cocktail forks are exceptions to this rule. Place these at the extreme right of the cover beyond the spoons.

The fork may be substituted for the knife at a luncheon where no knife is needed. Place it on the right side of the plate with the spoon beside it if one is used. If more than one spoon is needed, the balance is better if the fork is placed to the left of the plate. With two forks and a spoon it also is probably better to place the forks in the usual position.

Lay the butter spreader across the upper right hand side of the bread and butter plate with the cutting edge turned toward the center of the plate. It may be placed straight across the top of the plate or with the handle at a convenient angle. The butter spreader is sometimes placed with the other knives at the right of the plate beyond the spoons. This practice is followed chiefly in public places.

Do not place the dessert silver on the table when the cover is laid except when the amount of silver required for the entire meal is small. Never lay covers with more than three forks or a total of six pieces of silver. If a dinner is sufficiently elaborate to require too much silver to be put on at one time, place that needed for the later courses quietly at the covers just before the course is served.

If it is necessary to wash silver for use in the later courses see that it is chilled before returning it to the table. Bring in the extra silver needed during the meal on a serving tray unless it is brought in with the course.

6 *Service plate* Use a service plate only with a formal service. The service plate is supposedly very handsome and is usually about ten inches in diameter. Place the service plate at each cover when the table is laid. It should be one inch from the edge of the table. Place the plates containing the early courses of the meal such as fruit, oysters and soup on the service plate. Never place food directly upon it. Do not remove the service plate until it is exchanged for the heated plate upon which the first hot course after the soup is served.



This custom of the use of the service plate has arisen because of the fact that, on formal occasions it is considered good form never to leave the guest without a plate before him until the table is cleared for dessert

7 *Napkin* Place the napkin at the left of the forks or at the right of the spoons, on the service plate, or between the knife and fork if the service plate is not used. It should be so placed that it brings the embroidered initial or monogram, if there is one, in a legible position

8 *Glass* Place the glass at the tip of the knife or slightly to the right. Goblets and footed tumblers are often preferred for luncheon or dinner and should be used at a formal dinner

9 *Bread and butter plate* Place the bread and butter plate at the tip of the fork or slightly to the left. At formal dinners bread and butter plates are usually omitted since butter is not served. (Some hostesses, however, prefer to have them placed on the table as a convenient receptacle for bread, olives, celery, nuts, and similar foods.) At formal dinners rolls are buttered before being brought to the table so no butter spreaders are necessary

10 *Salt and pepper* Place individual salt and pepper dishes directly in front of each cover. They should be parallel with the edge of the table and in line with the glasses. Salt shakers are placed to the right. If individual salt and pepper sets are not available, allow if possible one set between each two covers. This provides salt and pepper for each guest so there is no necessity for passing them

11 *Nut or bonbon dishes* Place individual nut or bonbon dishes directly in front of the cover. Larger dishes for nuts or bonbons are placed symmetrically upon the table, usually allowing one dish for each four or six guests

12 *Chairs* Place the chairs so that the front edge of each touches or is just below the edge of the table cloth. The chair should be so placed with relation to the table that it need not be moved when the guest is seated

13 *Decorations* The decorations of the table should be in charge of someone not connected with the food service although it is sometimes necessary for the food director to assume this as an added responsibility. Some attractive decoration should be provided for the center of the table. It should be low so the view across the table will not be obstructed. The decoration usually varies in elaborateness with

the formality of the meal. Cut flowers should harmonize in color with the menu, appointments of the table and the room.

The use of candles in the daytime is permissible only when the lighting is inadequate or the day is dark. When used they should be the sole source of light. Do not mix candle light and day light or candle light and electric light. At formal dinners and receptions, when the room is darkened, candles often form part of the decorations. They should always be placed symmetrically upon the table. Candles are now commonly used without shades. Tall ones in low holders are popular at present. They should be high enough that the flame is not on a level with the eyes of the guests. If the candles are thoroughly chilled in the ice box for several days before they are to be used there will be little dripping and they will burn longer. White or ivory candles are most favored for formal occasions.

**Seating Arrangement** Place cards should ordinarily be put upon the napkin or above the cover. Menu cards or booklets containing the menu and program, are commonly used at banquets. In frequently the placing of cards is left to the food director. It is extremely difficult to lay down arbitrary rules for the seating of guests since the matter is governed largely by the number and by the degree of formality of the meal. The guest of honor, if a woman, is usually seated at the right of the host; if a man, at the right of the hostess. The woman next in rank is seated at the left of the host. At a women's luncheon the guest of honor sits at the right of her hostess. At banquets and public dinners a woman is seated at the right of her partner.

## SERVICE

**Table Service** 1 Waitresses should report to the supervisor to receive final instructions at least 15 minutes before the time set for serving the banquet.

2 If the salad is to be on the table when the guests arrive, it should be placed there by the waitresses not more than 15 minutes before serving time.

3 Place creamers at right of sugar bowls.

4 Place relishes on the table, if desired.

5 For small dinners the first course may be placed on the table before dinner is announced. For large banquets, however, it is best

## FOOD FOR FIFTY

to wait until the guests are seated. Soups or hot canapes are always served after the guests are seated.

6 Place butter on the right side of the bread and butter plate. If no bread and butter plate is used and the salad is to be on the table when the guests arrive, place the butter on the side of the salad plate. This is often necessary at school banquets where dishes and table space are limited.

7 Pour water just before the meal is announced.

8 When the guests are seated, waiters or waitresses line up in the kitchen for trays containing the first course. Two persons work together, one carrying the tray and the other placing the food. Place the cocktail glasses, soup dishes, or canape plates on the service plates, which are already on the table.

9 Place and remove all the dishes from the left with the left hand, except those containing beverages which are placed and removed from the right with the right hand.

10 Serve the head table first, progressing from there to the right. It is preferable to have the head table the one farthest from the kitchen entrance.

11 When the guests have finished the first course, waitresses line up for removing the dishes. Follow the same order in removing dishes as in serving.

12 The waitresses line up in front of the serving table for the dinner plates. Each waitress takes one plate in each hand. If the salad is to be served with the dinner plate, take a dinner plate in the left hand and a salad plate in the right hand. When each waitress has the plates in her hands, the line advances as a unit to the dining room. There, at a signal from the waitress at the head of the line, the waitresses simultaneously place first the dinner plates in front of the guests and then the salad plates. Every precaution should be taken to prevent the seemingly haphazard service that results from allowing the waitresses to serve without a line organization.

13 Finish serving one table before beginning to serve another.

14 Place the plate one inch from the edge of the table with the meat next to the guest.

15 Place the salad plate at the right of the spoons if no beverage is served with the main course. If a beverage is served with the dinner course, place the salad at the left just above the napkin.

16 As soon as a table has been served with dinner plates and salad, specially appointed waitresses should follow immediately with the ice, rolls, and coffee

17 At a large banquet, when serving an ice with the dinner course, carry it in on trays and place directly above the plate. Two waitresses work together as for first course

18 Serve rolls at least twice. Offer them at the left at a convenient height and distance

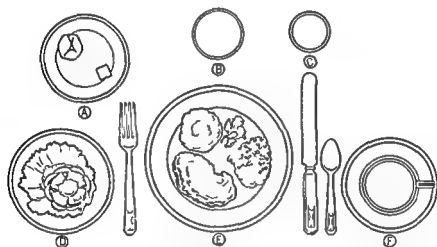


FIG. XIII.—The salad is placed at the left of the fork when salad and beverage are both served with the main course

- a bread and butter plate
- b sherbet dish
- c water glass
- d salad plate
- e dinner plate
- f cup and saucer

19 Place the coffee at the right of the spoons with the handles of the cups toward the right. The coffee may be served from trays when a large number is to be served. One waitress carries the tray and the other sets the filled coffee cups on saucers and places them on the table

20 Refill water glasses as often as necessary. If the tables are crowded it may be necessary to remove the glasses from the table to fill them. Handle the glass near the base

21 At the end of the course remove all the dishes belonging to that course. Stack dishes on right hand back of the guest

22 The silver for the dessert may or may not be placed on the

table when the table is set. If passed later, take in on a tray and place at the right of the plate.

23. Serve desserts two at a time and in the same order that the plates were served.

24. Coffee is served by waitresses who served the ice with the dinner course.

25. If possible, the table should be cleared except for decorations before the program begins.

26. The handling of dishes should cease before the program begins. The rattling of dishes has ruined many banquets, and is an unnecessary offense to the guest.

**Servers.** Waitresses may wear black or dark dresses with dainty white aprons or light wash dresses, however, uniforms are in most cases preferable. Shoes with low, or medium low, rubber heels should be worn. Waiters should wear dark trousers, white shirts, dark ties, and white coats. Waiters or waitresses serving should observe the following points:

1. Be immaculately clean in person and dress.
2. Report promptly on duty at scheduled time.
3. Be quick to see errors in table setting or service and to give help in case of accidents.
4. Appear pleasant and courteous at all times.
5. Step lightly, move quickly, but do not show a flurried manner.
6. Close doors without noise. Handle dishes and silver quietly.
7. Do not converse unless it is absolutely necessary.
8. Be as inconspicuous as possible.

**Kitchen Organization.** Food should be served from steam tables, if these are available. If there are no steam tables, the utensils containing food should be placed in hot water in order that food may be served hot. Some provision must also be made for keeping plates and cups hot. For serving 50 plates or less, the plan should provide that one person serve meat, one vegetables, one, potatoes, and so on. Such an arrangement for serving may be termed a set up. For 60 to 100, two set ups should be provided in order to hasten service. For more than 100, additional set ups should be provided.

It is usually convenient to have the food placed on the steam table in the following order: meat, potatoes, vegetables, and sauces. On

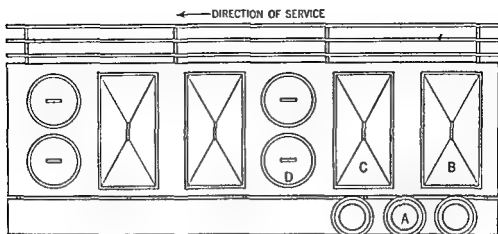


FIG. XIV—Food arranged on a steam table in the order it is to be placed on the plate facilitates service

- a plates
- b meat
- c potatoes
- d vegetable

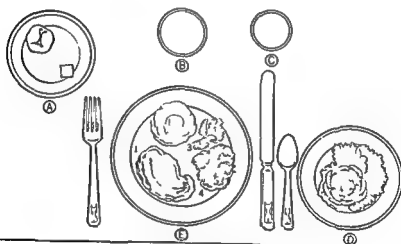


FIG. XV—The uniform arrangement of each food on the plate adds to the attractiveness of the plate when served

- a bread and butter plate
- b sherbet dish
- c water glass
- d salad
- e dinner plate
- 1 meat
- 2 potatoes
- 3 garnish
- 4 vegetable

an adjoining table, butter, garnish, or relish is placed. The food porter is responsible for the placing of food and for the service equipment. The supervisor should demonstrate the size of portions to be given and their arrangement on the plate by serving the first plate and calling attention to the points to be considered.

There should be a checker at the end of the line whose responsibility it is to remove with a damp cloth any food spots from the plate to check the plate for completeness, arrangement, and uniformity of servings.

**Portions** The importance of standardized serving can hardly be overestimated, for on this may depend the financial success or failure of a meal and the enjoyment of the guests. In this matter, the old adage of the pat of butter is pertinent—if the pat is too large the management loses money, if it is too small the management loses patrons. It is also true that variations in the portions from day to day must be avoided. The pieces of pie or cake as served must be so nearly equivalent to those served on similar occasions as to cause no comment on the part of the patrons.

There are various ways in which standard portions may be secured. Perhaps the first way is by specifying the size or weight of units comprising the purchase if these are to serve as individual portions. For example a purchase of oranges, size 150, affords assurance of standardized serving. Meat such as veal cutlets, chops, or steaks may be ordered 3, 4 or 5 to the pound, as desired, thus providing for standardized service.

Many foods cannot be brought under this category because they are mixtures or combinations of various foods, or are served in a form quite different from that in which they are purchased. Meat balls, croquettes, mashed potatoes, pudding, cakes, and pies all illustrate this point. Several different provisions are made to secure standardized portions in the foods of this group. The individual portions may be determined by weight during the process of preparation as is sometimes done in the making of meat balls and croquettes. The individual portions may be determined by the use of dippers of standard size. This method is commonly used for such foods as are conveniently handled by a dipper as mashed potatoes, creamed and buttered vegetables, and puddings.

Another means of securing standardized portions applicable to

foods that take the form of the container in which they are prepared, as gelatin salads or desserts, cakes, pies, and meat loaf, is that of using pans of uniform size and controlling the cutting of the prepared product so that the yield is uniform. In the last three provisions cited the use of a standardized recipe is basic to other efforts to secure standardized portions.

The exact size of a serving of food not cooked in individual portions may be determined by this method:

- 1 Weigh pan in which food is placed
- 2 Weigh finished product and subtract weight of pan to determine weight of food
- 3 Reduce weight of food to ounces
- 4 Divide the weight of food by the number to be served to determine weight of a serving (Make a small allowance for waste)
- 5 Weigh out an individual serving and measure with a dipper or other serving utensil to determine the volume of food

This method requires some time but eliminates the possibility of discovering after half the guests are served, that there is not enough food for those not yet served.

### COMMUNITY MEALS

The plans for organization that have been presented have presupposed some one person to be in charge with others working under her direction either as students or employees. Such is not the case with many special meals that are prepared and served by community and church organizations. These meals are a responsibility which many women active in the church and community life, are asked to assume. Often these women who are efficient organizers in their own homes are at a loss to know how best to proceed in the preparation and planning of food for a large group. Detailed plans previously presented as necessary for the efficient working of inexperienced class girls may be modified to fit the needs of a group of adult women who are familiar with time requirements for food preparation but who have had little experience in the managerial aspects of institutional meal preparation including the division of labor and the delegation of various responsibilities. A necessary initial step in such planning is the assignment of definite tasks to committees. A suggested plan for such a group follows:



**Planning Committee**

Duties and procedure

Plan menu

Plan amounts of food to be purchased

Select and assemble recipes

Appoint following committees

Preparation

Serving

Cleaning

Furnish copies of menu and amounts to above named committees

**Preparation Committee (Number determined by menu )**

Duties and procedure

Study menu and recipes

Prepare food according to work plan

**Serving Committee**

Duties and procedure

Provide serving equipment and table appointments

Arrange tables

Lay covers and decorate tables

Serve food in kitchen

Serve food in dining room

**Clean up Committee**

Duties and procedure

Provide space for soiled dishes

Scrape and stack soiled dishes and cooking utensils

Wash dry put away dishes and cooking utensils

Clean kitchen and dining room

The suggestions for the preparation of the dining room, the decorations, organization of food service in the kitchen, and serving the food given in the preceding pages may be followed, with desirable variations, in the serving of community meals

**FORMAL MEALS**

**Dinners** A formal dinner formerly consisted of at least ten courses. The tendency at the present time is toward a smaller dinner with greater simplicity and perfection of detail. Often only four or

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<sup>2</sup> Adapted from Department of Food Economics and Nutrition, Practical Cookery and the Etiquette and Service of the Table, Kansas State College, Department of Printing, 1939

five courses are served. There should never be more than eight courses. More than this is now considered bad form. The order of the courses is

- 1 Hors d'oeuvre
- 2 Soup
- 3 Fish
- 4 Entree
- 5 Roast and vegetables
- 6 Salad
- 7 Dessert
- 8 Coffee alone, or with cheese service

The hors d'oeuvre or appetizer may consist of oysters or clams on the half shell, fruit or oyster cocktail, canape or fruit. The entree may be a timbale, a creamed dish, or any of the dishes described as entrees in cook books. A game course may be used as an entree. A frozen punch or sherbet now often accompanies the roast where formerly it was generally served as a separate course. The meat for the main course is usually roasted or baked but may be prepared in any of a variety of ways.

The courses for a formal dinner may, when it is advisable, be diminished by omitting either the hors d'oeuvre or the soup as well as the fish and entree. The menu then becomes

- 1 Hors d'oeuvre or soup
- 2 Roast and vegetables
- 3 Salad
- 4 Dessert
- 5 Coffee

A three course menu includes the same foods but the salad or an ice is served with the meat course and the coffee is served either with the dessert or with the meat course and dessert as preferred.

**Luncheons.** The menu and service for formal luncheons resemble those for formal dinners so closely that it is unnecessary to give any detailed description. As a rule, the menu is simpler and is usually somewhat as follows:

- 1 Fruit, fruit or fish cocktail, or other suitable first course
- 2 Soup. May be omitted or used as the first course
- 3 Fish, poultry, or meat with vegetables

- 4 Salad
- 5 Dessert
- 6 Coffee

The foods chosen for a luncheon are not so heavy and rich as those used in a dinner menu and special effort is made to have the food attractively arranged. A bare table with doilies is generally preferred. The soup is served in bouillon cups, the meat is not in the form of a roast, lobster, crab, fish fillets, chicken in patties, and similar dishes are commonly used instead. Black coffee is served, as a rule, in after dinner coffee cups at the table. The dessert plates may be exchanged for the finger bowl service and the coffee is placed at the right of the plate. The guest removes the finger bowl with the doily and uses the plate for bonbons. The order of service is the same as for the formal dinner.

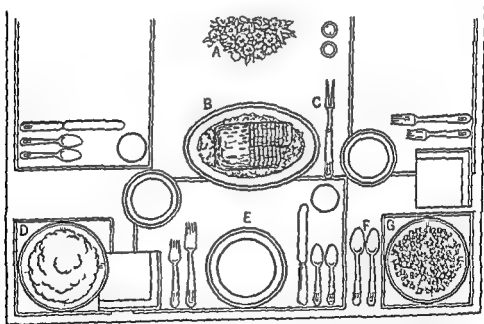


FIG. XV1.—A section of a table set for family service in a residence hall

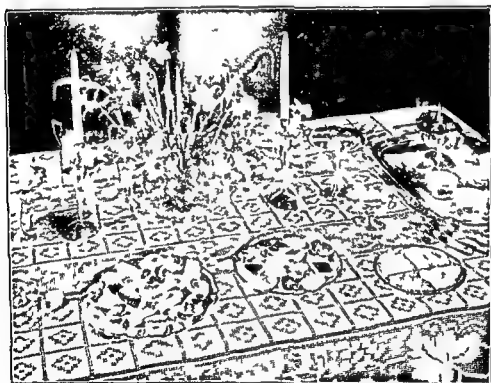
- a decoration
- b meat
- c serving fork
- d potatoes
- e stack of plates
- f serving spoons
- g vegetable

## PART V

### TEAS AND BUFFET MEALS

#### TEAS

A table set for a tea depends upon its attractive appointments for its charm. The table covering, the tea service, silver, and serving



*C. W. G. & Co. at Mills Inc.*

FIG. XVII —The success of the tea depends largely upon the charm of a well appointed tea table

dishes should be the best available and the foods colorful, dainty, and interestingly arranged

Types of Teas Tea service may be of two types that used if tea is served in hotels or tea rooms in which the guests are seated at small tables and food is served by a waiter or waitress, that used if

tea is served in a home or public building in which a large number of guests pass by a table and serve themselves to food and silver, or it may be a combination of these two in which guests may sit or stand in the serving room and are served by waitresses or friends of the hostess

*Commercial Teas* Tea served in a commercial food unit is similar in service to that of any other type of meal. The guests are seated at tables which have previously been set with linen and silver. A menu card usually containing several tea combinations is presented by the waitress and the order is placed by the guest. A more inclusive list of food may be served for such a tea, as food for only a few guests has to be prepared at one time and there is no problem involved in keeping toasted muffins hot or serving tiny baking powder biscuits as soon as baked. Foods for this type of service are hot breads, including cinnamon rolls, nut rolls, small muffins, biscuits various types of waffles, plain waffles with sirup or chocolate waffles with ice cream. Toasted breads as raisin, nut, cheese orange, or date, English muffins, cinnamon toast, marmalades, jellies, jams, assorted sandwiches, small cookies, cakes, ice cream and sundaes, and French pastries. Added to this type of tea menu may be simple salads, usually of fruit, fish, or chicken. Beverages include hot tea with various accompaniments chocolate, coffee, or iced drinks.

Typical menus from commercial food services follow

#### HOTEL FENETTE—AFTERNOON TEA A LA CARTE

##### *Beverages*

Java Ceylon Green or Orange Pekoe Tea  
Coffee Cocoa or Chocolate

##### *Breads*

Dry or Buttered Toast      Toasted English Muffins  
Tea Biscuits                      Brioche  
Strawberry or Raspberry Jam  
or  
Orange Marmalade  
or

##### *Sandwiches*

Foie Gras                      Chicken  
Ham or Tongue  
Nut Olive                      Lettuce

*Desserts*

French and Vienna Pastry  
 Fruit Cake Assorted Cakes  
 Vanilla Strawberry Chocolate or Coffee Ice Cream  
 Tutti Frutti Meringue Glace Parfait  
 Orange Raspberry Pineapple Lemon Ice  
 Fruit Lemonade

## JAMES CARLTON—SPECIAL AFTERNOON TEA

Attractive Salad Plate with Finger Sandwiches  
 Ice Cream Dainty Cakes Ice or Orange Punch  
 Tea with Orange Lemon and Ginger or Coffee or Cocoa  
 Candies Salted Nuts

## THE VOGUE TEA ROOM—AFTERNOON TEA À LA CARTE

*Beverages*

Tea—Orange Pekoe English Breakfast Oolong Coffee  
 Chocolate with Whipped Cream

*Sandwiches*

Honey Pecan	Toasted Cheese
Nut Mayonnaise	Cinnamon Toast
Pineapple Wheel	Buttered Toast

## Waffles

*Salads*

Pear with Cheese  
 Marshmallow Fruit Stuffed Tomato

*Cakes*

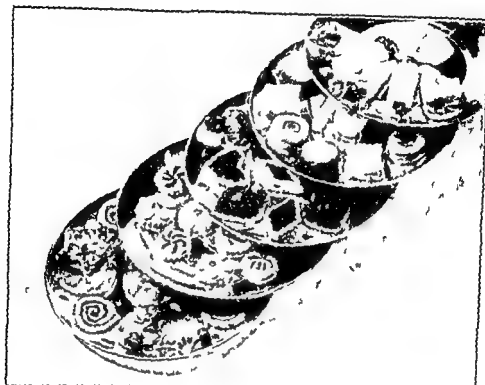
Chocolate Tea Cakes Banana Cream Layer

*Informal Tea* If tea is to be served to a large number of guests the tea table usually contains a complete service of food china and silver. In this informal service the guests file around the tea table and help themselves. Tea and coffee may both be served. They are placed on either end of the table and served by friends of the hostess, the guest helping herself to the accompaniments. In warm weather an iced beverage may be served to replace one or both of the hot drinks. The types of food usually served at a large informal tea include

## Beverages

Hot Coffee Russian tea chocolate, French chocolate, spiced grape juice spiced cider or spiced tea

Iced Tea, fruit punch (plain or with sherbet)



*Courtesy General Mills Inc*

FIG XVIII—There is infinite variety in the open faced sandwiches that may be prepared for the tea table

## Bread and Miscellaneous

Sandwiches open Assorted fancy shapes spread with desired filling and decorated

Sandwiches closed Assorted breads as nut orange banana date cheese or plain with suitable filling Rolled ribbon checkerboard pinwheel or two tone sandwiches

Miscellaneous Cheese wafers cheese traws or miniature cream puffs filled with cream cheese or chicken salad

## Cakes and Cookies

Petits Fours small cup cakes macaroon, kisses shortbread chocolate or date bars tiny cookies—rolled or dropped

## Ice Creams Sherbets or Ices

Any desired flavor—served in individual cups in which frozen or in sherbet glasses





## INFORMAL TEA MENUS

(1)

Tiny Doughnuts  
 Salted Cashews      Assorted Hard Candies  
 Hot Spiced Cider

(2)

Nut Bread Sandwiches      Spiced Cheese Sandwiches  
 Dainty Tea Cookies  
 Mixed Nuts      Peppermint Patties  
 Tea

(3)

Assorted Sandwiches: Ribbon, Rolled Banana Bread  
 and Ginger Nut Crescents  
 Tiny Chocolate Cup Cakes—Fluffy Icing      Ice Cream Wafers  
 Candied Orange Peel      Salted Pecans  
 Spiced Tea

(4)

Swedish Tea<sup>1</sup>

Jul Brod Smorgåsar      Ost Knack Brod  
 (Christmas Bread Sandwiches)      Cheese—Rye Krisp

Assorted Cookies<sup>2</sup>

Bordstabbel Bakels	Svenska Kringlor
Smorbakelser	Svenska Peppar Notter
Sandbakelse	I attigman Bakelser
Sprut Kakor <sup>3</sup>	Svenska Peppar Kakor <sup>3</sup>
Krokoner	Karameller
	(Peppermint Sugar Candy)

Fvld Dadel  
 (Dates filled with nuts)

Kaffe

*Formal Tea* The formal type of tea service is similar to the informal except that in the formal service the guests are seated and the food is brought to them by waitresses or assistants to the hostess. For a formal tea at a sorority house, members of the organization

<sup>1</sup> This tea menu probably provides a greater variety of cookies than would be necessary for an informal tea.

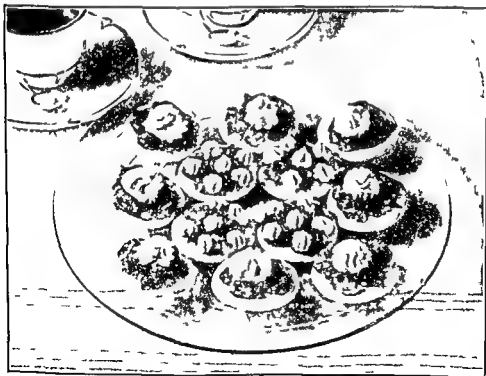
<sup>2</sup> See index for recipes.

<sup>3</sup> The Sprut kakor is the same as the recipe given for Butter Tea Cookies and the Peppar kakors may be made from the Crisp Ginger Cookie recipe.



*Courtesy John Morrell and Co*

FIG XX — Variety in the cookies served may add interest to the formal tea table



*Courtesy Kraft Foods Co*

FIG XXI — Simple cheese garnishes raise crackers and jam above the commonplace level and make them worthy of a place at the tea table

serve their guests. The foods for a formal tea or reception would be of the same type as that for an informal tea except that they are often more elaborate both in the preparation necessary and in the number of foods served.

### FORMAL TEA MENUS

#### (1)

Bread Sticks	Two Tone Sandwiches
Little Cream Puffs	Cream Cheese Filling
Green Gage Plum Ice	
Trubičky <sup>1</sup> (Bohemian Pastry)	Scotch Short Bread <sup>2</sup>
Peanut Crescents	Cocoanut Cookies
Candied Orange Peel	Spiced Almonds
Tea	

#### (2)

##### *Reception*

Cucumber Sandwiches	Orange Bread Sandwiches
Rolled Cracked Wheat Sandwiches	
Chicken Salad in Cream Puff Shells	Carrot and Celery Curls
Rose Tea Cakes	Assorted Nuts and Mints
Fruit Punch	

#### (3)

##### *German Christmas Tea<sup>3</sup>*

Klaben Brot	Pumpernickel Cheese Sandwich
Frozen Fruit	
Blitzkuchen	Pfeffernuesse
Lebkuchen	Sternlein
Springerle	Macaroons
Chocolade mit Schlog Sahne	
(Chocolate with whipped cream)	
Marzipan	

### BUFFET SERVICE

Use. Buffet suppers and luncheons are increasing in popularity as a means of serving relatively large groups of people. They are characterized by an atmosphere of informality and friendliness, which extends their appeal to people in every age and occupation.

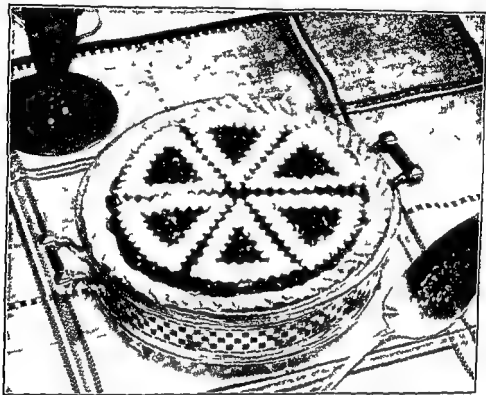
<sup>1</sup> See index for recipe

<sup>2</sup> Use Swedish recipe for Smorbakelser to make Scotch Short Bread

<sup>3</sup> See index for recipes



before a buffet table and select the foods desired. Hot foods at the buffet may be served by a hostess, by a waiter or waitress, or the guest may serve himself. When his plate is filled to his liking he takes his place at one of the covers prepared. If table room for all is not available, each guest may be given an individual tray on which to place silver, napkin, water, glass, and the plate containing the



*Courtesy John Moell and Co*

FIG XXII—A decorated casserole dish adds to the attractiveness of the buffet table

assembled food. Hot beverages and rolls are then commonly served by a waitress.

**Food for Buffet.** In planning a menu for a buffet, certain precautions must be observed:

1. Care must be taken to keep the service as simple as possible, i.e. to avoid foods difficult to serve, or those which are soft or soupy, on the plate, or extra utensils, as bread and butter spreader, salad or cocktail forks.

2. Hot dishes should include only food easily kept hot. Essential equipment for this may be large or individual casseroles, or perhaps shells for deviled fish and similar food.

3 Attractive garnishing is important. The menu should include a few attractively decorated foods, assorted salads, and an assortment of relishes.

4 A larger variety of food should be included than can be offered at table d'hôte meals.



*Courtesy John Merrill and Co.*

FIG XXIII—Individual salads arranged on a salad platter introduce a pleasing color note to the buffet table.

5 The menu may be planned for men, women, or a mixed group depending on the group to be served.

6 A salad bowl may be used for interest.

7 Jelly or jam facilitates the introduction of a color note and makes a pleasing accompaniment.

8 Dessert for a buffet service has no limitation except that it fit into the meal as planned.

## A FEW SUGGESTIONS FROM WHICH BUFFET MENUS MAY BE BUILT

### *Main Dishes*

Shrimp Creole	Baked Ham and Spoon Bread
Scalloped Chicken	Scalloped Oysters
Creamed Ham and Mushrooms	Curried Veal—Rice
Deviled Crab	Veal Birds en Casserole
Creamed Sweetbreads and Mushrooms	Ham and Egg Scallop
Sweetbread Cutlets	Chicken Salad
Welsh Rarebit—Rice Croquettes	Tomato Stuffed with Crab
Chicken a la King—Rosettes	Casserole of Corn
Chicken Pie	Hot Stuffed Eggs
	Chicken Rice Almond Casserole

### *Vegetables*

Latticed Potatoes	Cut Green Beans—Hot Vegetable Sauce
Shoestring Potatoes	Baby Limas in Butter
Sweet Potato Croquettes	Shredded New Harvard Beets
Scalloped Sweet Potatoes and Apples	Shredded Buttered Cabbage
Scalloped Cucumber and Pimientos	French Fried Onions
Buttered Peas—Rosettes	

### *Salads*

Stuffed Tomato	Perch with Cheese
Frozen Fruit	Pineapple—Tomato
Spiced Pear and Orange	Fruit Combinations
Orange and Grapefruit Sections	Fruit Gelatin
Stuffed Cinnamon Apple	Lettuce Hearts—Roquefort Cheese

### *Salad Bowls*

Julienne Vegetables	Shredded Lettuce or other Greens
Cabbage and Caraway Seed	Raw Cauliflower and Carrots
Watercress or Endive Tiny Cheese Balls	Celery Curls and Carrots

### *Desserts*

Orange Cup Cakes	Citrus Fruit Salad—Wafers
Meringue Shells	Date Pudding
Lemon Chiffon Pie—Whipped Cream	Pecan Pie
Hot Chocolate Sundae	Brownies
Raspberry Ice and Ice Cream with Marshmallow Sauce	Assorted Cheese and Crackers
	Fresh Fruit and Nut Bowl

## BUFFET MENUS

## (1)

Chicken Pie in Casseroles  
 Glazed Sweet Potatoes      Buttered Peas—Rosettes  
 Grapefruit Orange Salad      Curried Cole Slaw Salad Bowl  
     Spiced Peach      Apple Jelly  
     Cloverleaf Rolls  
 Steamed Pudding      Hard Sauce  
     Coffee

## (2)

Anchovy Canapes  
 Steaks with Mushroom Sauce en Casserole  
 Buttered Cauliflower      Toasted Baked Potatoes  
 Tomato Stuffed with Avocado      Frozen Fruit Salad  
     Endive Salad Bowl      French Dressing  
     Celery Curls Olives      Green Tomato Relish  
 Baking Powder Biscuits      Blackberry Jelly  
 Date Pudding      Whipped Cream  
     Coffee

## (3)

Chicken a la King in Patty Shells  
 French Fried Potatoes      Julienne Beans in Drawn Butter  
 Banana Ice      Celery Curls and Carrot Ring Salad Bowl  
     Twin Half and Half Rolls      Gooseberry Conserve  
 Citrus Fruit Salad      Cheese Straws  
     Coffee

## (4)

Scalloped Chicken      Buttered Brussel Sprouts  
 Rice in Broth with Celery      Pimiento and Green Pepper  
 Grapefruit Orange and Avocado Salad      Spiced Pear and Cheese Salad  
 Cranberry Relish      Raw Carrot and Cauliflower Salad Bowl  
     Poppyseed Rolls      Jelly  
 Meringue Shells      Ice Cream  
     Coffee





typical of more than one country. For example, spritz, a delicious cookie, is claimed by both German and Swedish people and a recipe almost identical with that given for spritz by chefs of these nations is a favorite among the Danes. A herring salad, likewise claimed by the Germans as a national dish, is found to be truly international in its interest and history. The maker or adapter of foreign menus need not be disturbed if a dish sponsored by a Russian or Hungarian friend proves also to be a popular and historic dish in Scandinavian countries, or if the reverse be true. The possible point to be made from such an instance is the wide appeal the dish has made to varied appetites. The foreign buffet affords a ready means of introducing variety and interest into meals that might tend to become routine. In general plans for the use of foreign recipes are such that they need not be translated into formulae for quantity food preparation. Usually, even though many people are served, there is such a wide variety of food presented that each recipe need be prepared only in the small quantity characteristic of home preparation.

In the following pages there are given some discussions of the food habits of the country and buffet menus typical of certain countries, together with the recipes necessary for the successful preparation of the meal. Recipes are not given for foods often used on American menus, as cream puffs or for foods ordinarily purchased ready to serve.

### Chinese Buffet Suppers

Americans find Chinese dishes enjoyable and unlike those of any other nation except possibly Japan. Some of their dishes are difficult to adapt to American taste because of the fact that the food items necessary in their preparation are unusual; others are difficult to secure and are expensive. Food items desired by a Chinese cook might include Litchi nuts, mushrooms, dry lotus seeds, bamboo shoots, lotus roots, bean sprouts, shark fins, very fine noodles, rice, millet, rice flour, ginger root, bean meal, shell fish and other fish, chicken, pork, chestnuts, almonds and walnuts. Preserved eggs, condiments and preserved fruits and ginger are frequently used. Chinese sauce or soya sometimes takes the place of salt in Chinese cookery. Peanut oil is used for frying.

Tea is the popular beverage and is served without cream or sugar.

in small covered cups without handles. A party menu usually contains several meat dishes—including chicken, fish, goose, pork, lobster, crab, or shrimp. Each dish is said to be one course. Tea may be served with each course. Almond meal cookies and fruits are common desserts.

The following menu is suggested for

### CHINESE CHOW

Boo Loo Gai (Pineapple Chicken)	Celery Hearts
Hop Too Guy Ding (Almond Chicken)	Kumquat and Ginger Preserves
Egg Foo Yung (Omelet)	Plain Boiled Rice
Chow Lon Fon (Fried Rice)	Soyu Sauce
Fried Shrimp	Litchi Nuts
	Almond Cakes (Gum Loo)
	Fruit Fresh and Candied
	Jasmine Tea

Recipes for the dishes included follow

### PINEAPPLE CHICKEN (Boo Loo Gai)

Cut a young chicken as for fried chicken. Season with Soyu Sauce, salt and sugar and let stand one hour. Drain, dredge with flour and brown in hot fat. Add a little hot water and simmer until tender. Add 1 small can of diced pineapple and 1 t Soyu Sauce. Thicken liquid with flour and serve as soon as flour is cooked. Garnish with parsley.

### ALMOND CHICKEN (Hop Too Guy Ding)

Fry 2 c shredded onions, 2 c shredded water chestnuts and 2 c shredded celery until slightly browned, then add chicken broth or white stock to cover and cook until vegetables are tender. Add one young chicken that has been cut into cubes and cooked in peanut oil (or vegetable oil). Thicken liquid with a little cornstarch and water mixed. Add 1 T Soyu Sauce and place in a hot casserole. Add 1 c toasted almonds just before serving.

### OMELET (Foo Yung)

Beat 12 eggs and add 1 c bamboo shoots,  $\frac{1}{2}$  c shredded water chestnuts, 2 T chopped green onions, 1 c cooked pork or chicken cut into fine strips and 1 T Soyu Sauce. Mix all together lightly and fry as an omelet in hot peanut oil or ham fat. When omelets are cooked, pour off fat. Add  $\frac{1}{2}$  c broth, 1 T cornstarch and 1 T Soyu Sauce mixed and cooked 2 minutes. Serve as soon as the omelets have absorbed a little of the gravy.

## CHOW LON TON (Fried Rice)

- |                         |                       |
|-------------------------|-----------------------|
| 3 c cooked rice         | 1 onion shredded      |
| 12 oz ham finely cubed  | 1½ c cooked mushrooms |
| 3 eggs                  | 1 c chicken stock     |
| ½ green pepper shredded |                       |

Fry the rice in peanut oil until it is evenly browned. Fry the ham, onion, mushrooms and green pepper for a few minutes. Add a little cold water and cook slowly 15 minutes. Season with salt and Soyu Sauce. Add rice which has been mixed with beaten eggs. Add hot chicken stock and cook a few minutes. Garnish with chopped parsley.

## FRIED SHRIMP

Fry shrimp in hot peanut oil until brown. Place shrimp and shredded green pepper in a flat pan. Add hot chicken broth and cook a few minutes. Season with Soyu Sauce and serve.

## ALMOND CAKES (Gum Loo)

- |                     |                   |
|---------------------|-------------------|
| 1 c flour           | 1 egg beaten      |
| ¾ c powdered sugar  | 3 T vegetable oil |
| ¼ c almonds chopped |                   |

Mix dry ingredients. Add oil and then the beaten egg. Mold into small balls. Brush with egg. Garnish with a whole almond and bake in a moderate oven.

LITCHI NUTS have a characteristic flavor and may be purchased dried or canned.

## Hungarian Buffet Suppers

Knowledge of Hungarian cookery is for many people restricted to the more or less enthusiastic acceptance of Hungarian goulash, a dish said to be the savory ancestor of all stews. Historically goulash has an honorable record in that for more than 1000 years it has brought gastronomic delight to the peoples now called Hungarian. It exemplifies a common practice in Hungarian cookery, that of cooking meats such as pork and beef with vegetables.

The vegetables in common use are similar to those in the American dietary and include beets, red and white cabbage, sauerkraut, carrots, cauliflower, kale, kohlrabi, peppers, and lettuce. The popular fruits include apples, apricots, cherries, melons, peaches, pears, and bananas. The large role of cereals in the diet is shown by the appearance of noodles and bread dumplings in many menus along with rye breads and fancy rolls.

Cheese is used freely in cooked dishes and in its natural state, and on the other hand butter is used sparingly and then unsalted. Sour cream is widely used both as a garnish and as an ingredient in cooking. Its use with paprika is regarded by many as the characterizing feature of a Hungarian dish so popular are both with these people. Paprika, although popular, is only one of the numerous condiments used, as the Hungarians are fond of spicy foods.

### HUNGARIAN BUFFET

#### Paprika Chicken

Stuffed Hubbard Squash      Asparagus in Sour Cream

Poppyseed Horseshoes      Sweet Butter

Cheese Cake      Fresh Fruit

Tea with Lemon

Recipes for the dishes included follow

### PAPRIKA CHICKEN

Cut chicken as for frying salt and let stand 2 hours. Slice 2 large onions and fry in hot fat until light brown. Dredge each piece of chicken in flour and brown in the fat. When brown add the yolks of 2 eggs mixed with 1 c of sour cream sprinkle with 1 T of paprika a little salt and pepper and let simmer until the chicken is tender.

### STUFFED SQUASH

Select 12 uniform acorn squashes and cut each into halves and remove seeds. Steam until almost tender then place in a flat pan. Place a No. 12 dipper of the following mixture in each half:  $2\frac{1}{2}$  qt steamed rice 2 lb chopped cooked veal 1 small onion minced and fried in  $\frac{1}{4}$  c mf butter. Pour around the squash the following liquid:  $1\frac{1}{2}$  qt stock 2 oz of flour and 4 oz butter made into a sauce. Sprinkle with chopped parsley. Baste and bake for half an hour. Add sour cream before serving if desired.

### BAKED ASPARAGUS

Partially cook asparagus tips and pour over them a sauce made of butter water flour and salt in the same proportions as White Sauce No. 1. Add thick sour cream and sprinkle with bread crumbs. Bake approximately 25 minutes in a moderate oven.

### FILLED POPPYSEED ROLLS

Use the recipe for Kolaches and follow the general directions for making crescents. Spread dough with the following mixture before rolling: 2 c water and 2 c of sugar cooked to a thick sirup and 1 c of finely ground poppy seed and 1 grated lemon rind added. Brush the horseshoes with beaten egg yolks.

### Swedish Buffet Suppers

Sweden is famous for its Smorgasbord, or hors d'oeuvres, which is an ancient tradition and an important accompaniment to all Swedish dinners. The hors d'oeuvres for a family of moderate means are grouped in the center of a long table laid with a spotless white linen



*Courtesy Gentel Mills, Inc.*

FIG XXIV—Swedish Smorgasbord. The buffet table may have added interest because it presents interesting dishes and table arrangements characteristic of other lands.

table cloth, plates, and silver. The guests are seated at the table and the hors d'oeuvres are passed and eaten just before a regular meal of two or more courses is served. A maid removes the dishes from the first course. Typical food for the family hors d'oeuvres might include: Meats—cold spiced tongue, smoked venison, smoked salmon (sliced), fish in aspic jelly, anchovies, herring served in 2 ways, large shrimps with Thousand Island dressing, parsley, and dried beef. Vegetables—radishes, sliced tomatoes, salads (2 or more kinds), and a scalloped dish. Bread—rye bread, white bread baked in ornamental shapes. Cheese—served in a big piece on a cheese plate with a cheese knife.

## FOOD FOR FIFTY

Hors d'oeuvres for a family of more wealth, or for a hotel, would be arranged on a separate table as for a buffet supper. Each guest would help himself and then take his place at the dining table.

The service by waitresses or waiters would be much the same as for the less elaborate meal described above. The food would be of greater variety including 20 to 25 articles—rye krisp, butter curls 6 to 7 kinds of cheese, very small Swedish meat balls fried in deep fat a hot scalloped dish of fish or vegetable, pickled onions, pickled beets or cucumbers, vegetable salads—similar to our own, a bowl of mayonnaise, jellies and marmalades. A regular 3 or 4 course dinner is served after the hors d'oeuvres are eaten.

The use of colorful foods or decorations is an outstanding feature of the Swedish table. Candles are not used for decorations except for banquets. Flowers are always used and often two or more bouquets are placed on the table, if long.

A Swedish buffet supper suitable for service in this country is planned to include only the Smorgasbord and the dessert omitting what the Swedish diner would regard as the main part of the meal. A typical menu for such a buffet supper follows.

## SMÖRGÅSBORD

Kottbullar  
(Meat Balls)

Grona Bonor Mad Champinjoner  
(Green Beans and Mushrooms)

Canapes  
(Canapes)

Svenska Salat  
(Swedish Salad)

Ost  
(Assorted Cheese)

Inlagd Sill  
(Pickled Herring)

Skuren Kall Tyngs  
(Sliced Cold Spiced Tongue)

Sliced Tomatoes

Rattikor  
(Radishes)

Knacke Brod  
(Rye Krisp)

Ost Kaka Mad Vin Sift Sjs

(Cheese Pudding with Thickened Grape Juice)

Karameller  
(Sugar Candy)

Kaffee  
(Coffee)

Skalaperad Potatis  
(Scalloped Potatoes)

Sil Salat  
(Herring Salad)

Sur Ost  
(Cottage Cheese)

Fylldaagg Mad Parsilja  
(Stuffed Egg—Parsley Garnish)

Rodbetter  
(Pickled Beets)

## BORDSTABBEI BAKELS (Lumberpile Cookies)

1½ c butter	1¼ c flour
1 c light brown sugar	½ t soda
1 egg	¼ # salt
½ t vanilla	½ c chopped nutmeats

Cream butter and sugar. Add well beaten egg and vanilla. Add flour sifted with soda and salt then nutmeats dredged in portion of flour. Mold dough. Let stand in refrigerator over night. Cut into strips 3 inches by 1 inch. When done cover with White Mount in frosting and sprinkle with chopped almonds caraway seed or candies. Pile like lumber on serving plates. Bake in a moderate oven.

## SANDBAKELSE (Sand Tarts)

1 lb butter	1 c white sugar
pinch of salt	1 T cream or milk
½ t baking powder	2 eggs
5 c flour (about)	3 T almond extract

Cream butter and sugar. Add eggs. Blend well. add extract then flour. Press into small picture tins or put through cooky press. Chopped almonds may be added to dough if picture tins are used. Turn out of tins at once after baking or they will stick.

## JUL BROD (Yule Bread)

1 qt milk	1 t salt
2 T flour	1 c sugar
1 cake of yeast	2 T butter
Add flour to make a soft dough	
Roll out round and add filling	
■ bitter almonds	1 c raisins
15 cardamon seeds (ground)	½ c citron (fine)
2 T butter	¼ c orange peel
½ c sugar	
Mix and add to dough. Fold. let rise and bake	

## SMORBAKELSER (Butter Cookies)

1 c butter (sweet)
1 c powdered sugar
2 c flour

Mix and pat out in 2 10 inch baking tins. Bake in a moderate oven approximately 20 to 30 min. Cut as soon as removed from oven.



## SVENSKA KRINGLOR (Swedish Kringle)

- |                  |   |
|------------------|---|
| 1 c butter       | 3½ c flour or enough to make soft dough |
| 1¼ c brown sugar | 2 T baking powder                       |
| ½ c milk         | 1 T cinnamon                            |
| 2 eggs           |   |

Sift dry ingredients Cream butter and sugar Add egg yolks and flour and milk alternately Fold in beaten whites Bake as drop cookies

## SVENSKA PEPPAR NOTTER (Swedish Peppernuts)

The oldest of all the cakes we know today are the peppernuts They were in popular use long before the 11th century

- |              |                       |
|--------------|-----------------------|
| 4 eggs       | 1 t cardamon (ground) |
| 2 c sugar    | ½ c nuts              |
| 1 c butter   | ½ c raisins           |
| 1 t cinnamon | 4 c flour (bread)     |
| 1 t cloves   | 1 t soda              |
| 1 t pepper   | 2 T hot water         |

Drop on cookie sheet and bake in a hot oven

## FATTIGMAN BAKELS (Poorman's Crullers)

- |           |                       |
|-----------|-----------------------|
| 2 eggs    | 1 g cardamon          |
| 2 T sugar | 3 T heavy sweet cream |
| ⅛ t salt  | 1¾ c flour (or less)  |

Beat eggs until light add sugar salt spice and continue beating Add cream and enough flour to make a soft dough Turn out on floured board roll very thin Cut into diamond shapes Slash opposite ends Pull end through slit or cut in star shapes Fry in deep fat Drain on heavy paper Dust with sugar

## CANAPÉS

Place lettuce cups filled with salad on thin slices of bread spread with butter Salad 1 diced boiled potato 2 diced apples ½ c green peas 1 stalk celery diced 1 T chopped pickle ½ c each of cucumber and chicken cut into strips and mixed carefully with mayonnaise Garnish with a small tomato section

## SWEDISH SALAD BOWL

1 can of pineapple (size 2½)  
1 tart apple  
lettuce

1 stalk celery  
5 tomatoes  
½ cucumber

Cut the pineapple and tomato into wedges dice the apple and celery cut the cucumber en julienne Mix with pineapple dressing just before serving and add shredded lettuce leaves

## Pineapple Dressing

Mix 1 raw egg yolks with the juice drained from the can of pineapple stir constantly and cook over a low heat until thick Cool then add 1 mashed cold hard cooked egg yolk that has been mixed with ¼ t mustard and 3 T of vinegar Fold in 2 c whipped cream

Serve salad in 1 salad bowl Yield approx 10 servings

## OST KAKA (Cheese Pudding)

2 gal milk  
2 c flour  
¼ cake of cheese rennet  
(purchased from drug store)

6 eggs  
1½ qt cream coffee  
½ c sugar

Heat the milk until lukewarm and stir into it the flour that has been smoothed to a paste Add the cheese rennet that has been dissolved in 2 T of water Stir well and let stand As soon as the milk has set stir gently to separate the curds and whey Let stand a few minutes then pour off whey or use a strainer to remove curds (The curds should be quite moist) Place curds in two medium sized casseroles and pour over them a custard mixture made from the eggs cream and sugar Sprinkle nutmeg over the top Bake and test as a plain custard Serve warm with strawberry jam or grape juice thickened to the consistency of thick cream

## KOTTBULLAR (Meat Balls)

1 lb beef loin  
8 oz veal  
8 oz pork  
½ c bread crumbs dry ground  
1 c cream  
½ c soda water dilute

3 4 egg yolks  
3 T onion chopped  
2 T salt  
½ t pepper  
⅛ t allspice  
1 c butter

Pass the meat through a meat grinder 3 times or more if a coarse grinder is used Add the bread crumbs which have been soaked in the cream Add soda water and egg yolks mix well and shape into small balls Fry the onion in butter but do not brown add the meat balls and fry using 1 low heat Fry in deep fat Shake the pan occasionally to keep the balls in shape Place balls in casserole and pour over them the fat in which they were cooked Garnish with a border of fried onions

### KROKONER

- |                            |   |
|----------------------------|---|
| 1/4 c sugar                | 1 egg   |
| 1 c butter                 | 1 c milk  |
| 4 t baking powder          | fg salt   |
| flour to make ■ roll dough | 1 t vanilla (or 1/2 t vanilla and 1/2 t almond) |

Roll dough and cut into strips 5 inches long and 1½ inches wide Bake over semicircular tins 12 inches long so that cookies form a semicircle when baked Ice with orange icing and decorate with tiny colored candies

### German Buffet Supper

German people show a decided preference for heavy food that is *food containing much fat and starch* They also use many sauces and gravies Many foods are seasoned with vinegar and often sugar is added With the exception of some typical dishes German food is very similar to our own Many kinds of sausages, sauerkraut with dumplings and spareribs, beef with sour sauce, noodles, and rye bread with caraway seed are typical German foods The following menu is characteristic of the feast food popular with the German people for New Year s parties and similar festive occasions

### NEUJAHR'S ABEND SCHENKTISCH or

(A German New Year's Eve Buffet)

Hasenpfeffer mit Spaetzle  
(Sour Rabbit with Noodles)

Kartoffel Puffe (Potato Pancakes)	Linsens (Lentils)
--------------------------------------	----------------------

Sauerkraut mit Apfeln  
(Sauerkraut with Apples)

Haring Salat (Herring Salad)	Green Bean and Onion Salad Bowl
---------------------------------	---------------------------------

Cucumber and Peach Pickles

Platter · Pickled Herring Cold Tongue  
Ham Goose Liver Smoked Salmon  
and Cervelat (Sausage)

Caraway Rye Bread	Vienna Rolls	Milchbroetchen (Milk rolls with caraway seeds)
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Crullers	Zwieback Kaese Kuchen (Cheese Cake)
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**HASENPOTTER (Sour Rabbit)**

Cut the rabbit into pieces and cover with water to which has been added 1 c of vinegar a bay leaf a sliced onion a few cloves peppercorns and salt. Let stand over night. Remove rabbit from liquid dredge in flour and brown in fat. Add a little sugar and few slices of lemon and some of liquid in which rabbit was soaked. Let simmer until tender. Mix flour with about 4 T of heavy cream and thicken liquid. Serve with noodles or mashed potatoes.

**HARING SALAT (Herring Salad)**

Chop or cube 5 or 6 salt herring that have been soaked and washed add an equal volume of cubed roast veal 3 chopped dill pickles 1 lb chopped beets chopped apples 8 or 9 cubed boiled potatoes 6 or 8 cubed hard cooked eggs 1 bottle of capers 2 c chopped celery 1 medium onion (optional), salt pepper and vinegar to taste and 1/2 c olive oil. Mix lightly. Garnish with hard-cooked eggs and tiny fish (Sardellen).

**BLITZKUCHEN**

8 oz butter

8 oz sugar

4 oz (E P) almonds

8 oz flour cake

4 eggs

Rind of 1 lemon

Cream butter and sugar until very creamy. Add eggs one at a time then the grated rind of one lemon and the flour. Spread very thin in oiled pan. Cut blanched almonds very thin. Mix with sugar and cinnamon and sprinkle over the batter. Bake in a quick oven. Cut into squares and remove from pan as soon as taken from oven.

**KARTOFFEL PUTTE (Potato Pancakes)**

Grate 6 large potatoes add 1 t salt 3 eggs and 1/2 c flour. Mix well. Fry as ordinary pancakes. Cut round steak into small pieces and dredge with flour. Fry until brown. Add 3 to 4 large onions and brown with the steak. Then add water and let simmer as it boils down add a little more water until onions are done. Thicken with flour and serve with pancakes. Note Do not use iodized salt.

**SOUR CREAM DRESSING (For Green Bean Salad)**

Mix 1 c thick sour cream 2 T vinegar and chopped chives or onions. Add sugar salt and pepper to taste.

## LEBKUCHEN

8 c sifted flour	2 c almonds (blanched and shredded)
$\frac{1}{2}$ t soda	'2 c brown sugar
$1\frac{1}{2}$ t cinnamon	2 eggs slightly beaten
$\frac{1}{4}$ t cloves	$1\frac{1}{2}$ c candied orange peel
$\frac{1}{4}$ t nutmeg	shredded (6 oz)
$1\frac{1}{3}$ c strained honey (1 lb)	$1\frac{1}{2}$ c candied citron

Sift flour once, measure. Add soda and spices and sift together 3 times. Boil honey, sugar, and water 5 minutes. Cool, add flour mixture, eggs, fruits and nuts. Work into loaf and place in refrigerator. Let ripen 2 or 3 days. Roll on slightly floured board to  $\frac{1}{4}$  in thickness. Cut in strips 1 in x 3 in. Bake on greased baking sheet in moderate oven ( $350^{\circ}$  F) 15 minutes. When cool, cover with Transparent Icing. Lebkuchen should ripen in a covered cake box at least 5 days before using. Place raw apple in box for moisture. Yield 10 dozen Lebkuchen.

## TRANSPARENT ICING (for Lebkuchen)

2 c confectioner's sugar
3 T boiling water
1 t vanilla

Combine sugar and water. Add vanilla. Beat thoroughly. Drop from tea spoon on Lebkuchen. Makes enough to cover 10 dozen cookies.

## STÖLLEN

2 cakes compressed yeast
2 c flour
1 c warm water
1 c scalded and cooled milk
1 T sugar

Set sponge with 2 c sifted flour. Cream  $\frac{3}{4}$  c sugar, 4 T butter. Add to first mixture. Let rise once. Add

1 lb currants	1 t lemon
1 lb dark raisins	1 t vanilla
1 lb white raisins	1 t almond
1 c blanched almonds, chopped	4 drops rose water
1 t cinnamon	$\frac{1}{2}$ t cardamom seed ground or
$\frac{1}{4}$ t cloves	pounded to fine powder
Grated rind of 2 lemons	(Shell using only the inner
$\frac{1}{2}$ lb chopped citron	seeds)
1 pkg each lemon and orange	
peel, chopped	
$\frac{1}{4}$ lb cherries	

Work into dough, add 2 c more flour,  $\frac{1}{4}$  lb melted butter. Knead well. Keep warm 3 hours. Let rise. Yield approx 3 small loaves.

## SPRINGRLE

4 eggs	Grated rind of 1 lemon
1 lb powdered sugar sifted	1 t baking powder (scant)
1 lb flour	$\frac{1}{4}$ t salt
6 t anise seed pounded	Hartshorn about 1 t

Beat the yolks of the eggs until light colored and thick beat whites until dry then beat together add very gradually grated lemon rind and sugar Beat all the time Last add the flour with the baking powder and salt All the flour may not be required Knead and cover closely let chill two or three hours then roll a small piece at a time into a sheet  $\frac{1}{8}$  in thick With a very close sieve dust the sheet of dough lightly with flour then press the wooden springerle mold very hard upon the dough so as to leave a perfect impress of the pictures upon the dough Cut out the little squares with a knife and set aside on a board lightly floured over night In the morning transfer to baking tins buttered and sprinkled with anise seed and bake in a slow oven until a light straw color These little cakes are quite universally made in Germany a few weeks before Christmas and Easter

## PFERNUESSE

1 lb sugar	$\frac{1}{2}$ T cloves
1 lb flour	$\frac{1}{2}$ T mace
Grated rind of one lemon	$\frac{1}{2}$ T nutmeg
$\frac{1}{2}$ c fine chopped citron	2 t baking powder
1 T cinnamon	5 eggs

Sift together flour sugar spices and baking powder Add the citron and lemon rind and mix to a dough with the beaten whole eggs Shape into small balls the size of a hickory nut Drop on waxed or buttered paper an inch apart Bake in a quick oven to a delicate brown These much resemble macaroons

## ZWIEBACK KAISE KUCHEN (Zwieback Cheese Cake)

1 $\frac{1}{2}$ pkg zwieback	1 t cinnamon
1 c sugar	4 oz butter

Grind the zwieback add the sugar and cinnamon Take out 1 c of the mixture to sprinkle on top of the cake To the remainder add the melted butter Line a cake pan with the mixture both sides and bottom Pour cooled filling into this smooth with spoon and sprinkle remaining cup of crumbs over top Dust with cinnamon and bake 1 hr in a slow oven

## FILLING

5 eggs	1 pt cream
1 c sugar	1 $\frac{1}{2}$ T flour
1 pt dry cottage cheese	1 t lemon extract

Beat the eggs well add the sugar cottage cheese cream and flour Cook in a double boiler until thick like custard Cool thoroughly Add lemon extract

## STERNLEIN (Almond Cakes)

1 lb sugar sifted	} Stir with large motion for one hour
8 egg whites beaten stiff	
1 T cinnamon	

Put aside 6 T of above for frosting and to remainder add 1 lb almond meats—blanched and grated Mix well and roll  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick on board dusted with  $\frac{1}{2}$  flour and  $\frac{1}{2}$  sugar Cut into star and moon shapes frost with egg mixture bake on buttered tins in moderate oven Store in tightly sealed tins Bake several days or a week before using

## TRUBICKY (Bohemian Pastry)

$\frac{1}{2}$ c butter	3 eggs
$\frac{3}{4}$ c sugar	Vanilla
2 c flour (or more)	Salt

Mix the butter sugar and flour as for pie dough Add beaten eggs vanilla and salt Knead Roll out as cookie dough and cut into strips 8 in long and 1 in wide Wrap on well oiled sticks (wrap two strips on each stick) Brush with egg and cover with chopped nuts and sugar Place sticks across a baking pan and bake in a hot oven Turn as soon as dough starts to bake

Specifications for Pastry Sticks Round hardwood 12 inches long  $\frac{1}{2}$  inch in diameter and 1 inch flattened on either end

## MARZIPAN (German Christmas Candy)

1 lb ground almonds or almond paste  
 1 lb powdered sugar  
 Moisten and knead with 2 egg whites (may add more)  
 1 t vanilla  
 1 t rose extract or rose water

Shape in roll and mold in fancy shapes Color with vegetable color, cocoa or cinnamon

## Italian Buffet Supper

Travelers in Italy fortunate enough to secure the food characteristic of the country and not merely an Americanized or Anglicized version, such as might prevail in the large hotels are usually delighted with the number of leafy vegetables that appear in the diet and the interesting forms in which these are included Romaine spinach endive, and mustard are common favorites Further variety is secured by the wide use of broccoli, cauliflower squash artichoke and egg plant Irish potatoes play a negligible role in the diet appearing only occasionally Cereals and cereal products, particularly

farina, spaghetti and macaroni in long slithery coils dry beans, peas and lentils are more widely used than in the cookery of many other lands. White bread hard and crusty, is well liked. Meat is used sparingly. Its chief purpose, it seems, is to enhance the flavor and give character to a dish rather than to be the main ingredient. Fish and the cheeses characteristic of the land, Parmesan, Gorgonzola, and Bel Paese, play a major part in supplying the protein necessary for adequate nutrition. Both the menus and the cookery processes employed in Italy are more simple than those in France. Fruit, or cheese, appears as the dessert more frequently than does any made dessert or pastry. There seems little interest in dishes that present a wide variety of diversified ingredients or in the embellishment of dishes with elaborate sauces or whipped creams. Seasonings finding almost daily use in Italian food preparation include mushrooms, tomato sauce, garlic, onions, peppers, olive oil, used for deep fat frying, and nuts, especially chestnuts, hazel nuts, pistachio nuts, and walnuts.

The term *buffe* in Italy is used only for cold foods. A service not unlike the buffet of other lands is called *Pranzo Italiano*, hence this term is used to designate the Italian meal which follows.

# PRANZO ITALIANO

## Antipasto

Ravioli

Gnocchi

Pomodori con Rimpieno  
(Stuffed Baked Tomato)

Zucchini Imburati  
(Buttered Squash)

Insalatiera di Cicorea  
(Chicory Salad Bowl)

Condimento di olio con aglio e menta  
(Oil Dressing with Garlic and Mint Sprigs)

Insalata di Cavolfiore  
(Cauliflower Salad)

Gressini  
(Bread Sticks)

Formaggio Permigliano e Gorgonzola  
(Parmesan and Gorgonzola Cheese)

Uve e Banano  
(Grapes and Bananas)

Caffe

Chianti



## RAVIOLI

## Dough

4 c flour	2 T oil
2 whole eggs	Salt
1 egg yolk	Water to make a stiff dough

Roll out  $\frac{1}{2}$  of dough thin as for noodles. Brush over with beaten egg. Place portions of meat filling on the dough  $1\frac{1}{2}$  inches apart. Cover with the remaining portion of the dough that has been rolled thin. Cut dough into squares with meat in the middle of each square. Press down the dough at the edges with a fork. Drop into hot stock or salted water and cook approximately 20 minutes or until dough becomes transparent. Remove to hot casserole, add sauce and sprinkle with grated Parmesan cheese. Place in oven a few minutes.

## Filling

3 c veal cooked ground	$\frac{3}{4}$ c cheese
1 c chicken or pork cooked and ground	2 eggs
$\frac{1}{2}$ c spinach cooked drained	Salt pepper
Mix well	

Sauce Stock is thickened to use for sauce or tomato sauce may be used

## GNOCCHI

1 qt milk	2 eggs
1 c farina	1 t salt
	2 T butter

Cook in double boiler as farina for cereal until well cooked and thick. Remove from stove and add well beaten eggs. Pour into a flat pan to a depth of  $\frac{1}{2}$  inch. When cold cut into small squares and place in an oiled baking dish. Cover tops of squares with cream and sprinkle with Gruyere cheese. Place another layer on top and repeat until the dish is full. Place in oven until thoroughly heated and browned.

## STUFFED BAKED TOMATOES

Remove the centers from 12 large tomatoes. Mince 4 chicken livers  $\frac{3}{4}$  c mushrooms and 1 onion and fry in  $\frac{1}{4}$  c butter. Add 4 egg yolks and 2 c of bread crumbs mixed and use to stuff the tomatoes. Bake about 30 min in a moderate oven.

## ANTIPASTO

Arrange in the center of a large tray tiny anchovy canapés garnished with green pepper. In a circle around the canapés arrange overlapping thin slices of salami. Arrange stuffed eggs around the salami and stuffed olives around the eggs. Garnish with tiny celery hearts.

**INSALATA DI CAVOLFIORÉ (Cauliflower Salad)**

Cook the cauliflower and separate into flowerets. Marinate and arrange on a salad platter garnished with endive. Place a green pepper ring over each floweret and ripe olives between each floweret.

**A Suggested Menu for a Feast of the Nations Buffet**

Caviar Canapes (Norwegian)  
Singapore Curry (Malayan)  
Rusks (Danish) Koliches (Bohemian)  
Spiced Peaches and Watermelon Pickle (German)  
Tomato Preserves (Spanish) Orange Marmalade (English)  
Edam Cheese (Dutch)  
Assorted Fresh Fruit (Italian)  
Petite Choux à la Crème<sup>1</sup> (French)  
Coffee (Swedish)  
Russian Tea<sup>1</sup>  
Punch aux Fruits (West Indies)

**SINGAPORE CURRY (Malayan)**

Wash and cook rice. When tender wash with hot water, add a little coconut and place in a casserole. Prepare French fried onions and highly curried veal. Slice tomatoes. Cut bananas and sliced pineapple into wedges. Serve the rice in the center of each plate, curried veal on top of the rice, French fried onions on top of veal, and continue the mound, adding in turn the tomatoes, bananas, pineapple, shredded coconut, roasted peanuts and pepper relish. A well served plate will be nicely rounded and self garnished.

A fruit cup or a piece of melon is suitable to serve as a dessert with Singapore Curry.

<sup>1</sup> See index for recipe.

## KOLACHES (Kolace Bohemian)

Scald one pint of milk, let cool until lukewarm. Dissolve  $1\frac{1}{2}$  cakes compressed yeast in  $\frac{1}{4}$  c lukewarm water to which has been added 1 t sugar. Let stand while the milk cools. Add dissolved yeast to the cooled milk and make a sponge. Let rise until light.

Cream together 1 c sugar and 1 c butter. Add 3 egg yolks and 2 whole eggs well beaten. 2 t salt. Put in the sponge and mix well. Add flour enough to handle well. Let dough rise until light and roll out to  $\frac{1}{2}$  inch thickness. Cut with biscuit cutter. Make a depression in the center and fill. Let rise and bake in a quick oven. Yield about 4 dozen.

- Fillings (1) Stewed prunes mixed with sugar and cinnamon and sprinkled with cocoanut or chopped nuts  
(2)  $\frac{1}{2}$  stewed apricot with sugar and nutmeg for each roll  
(3) Poppyseed mixed with sugar and milk

## Variations

Poppyseed Doughnuts Roll dough, cut with a doughnut cutter, and place two together with Kolach filling. Fry in deep fat and roll in powdered sugar.  
Crescent Rolls Roll dough and cut with a crescent cutter. brush with beaten egg and sprinkle with poppyseed.

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